

# The MSDB Cottage Bulletin

March, 2023  
Vol. 2, No. 7

## Message from the Director

*By Jim Kelly II*

The students are heading home for a nice, long Spring/Easter break on Friday, March 31<sup>st</sup>! I hope you all enjoy time together as a family. As you can see with this newsletter the students are involved with so many different activities. I want to give a huge “Shout Out” to the staff in the Student Life Program – you are the ones who help make our program the students “home away from home”! As always, don’t hesitate to contact me if you have questions, suggestions or concerns for your child!



### KABOOM Arcade Fun



## THE LEAP REPORT

This year has flown by! It seems like last week that we welcomed our LEAP participants to campus. In reality it has been months of hard work, challenges, and great successes. We have done and learned more than I can list here! Everything from taxes, home management, cooking, recreational activities such as an escape room and theater productions, as well as volunteer opportunities, and so much more! Our participants are all out working and learning what their likes and strengths are as well as developing skills to improve in areas of weakness. We have had several work experiences and will have two more before the year wraps up. As we near the end of the year we are looking forward to planning our end of the year trip and receiving applications for next year's cohort. Applications for 2023 - 2024 are out! The deadline for applications is May 1st. If you or someone you know is interested please feel free to reach out to Carrie and Mackenzie in LEAP or talk to your outreach consultant. We would love to hear from you, and remember, it is never too early to start thinking about transition!

A special thank you to IGA and City Motors for the wonderful work experiences they allowed us! Thank you to MSDB and the MSDB Foundation for your continued support. Thank you to all the wonderful staff who have helped us along the way. We couldn't do this without you!

Contact us at [leap@msdb.k12.mt.us](mailto:leap@msdb.k12.mt.us) for more information.

Carrie and Mackenzie

Review the Handbook. Please note the entrance requirements before applying. [LEAP Handbook](#)

LEAP Application: [LEAP Application](#)

## High School Happenings: The Medicine Cabinet

*by Erin Faulkner*

Another workshop that was done this month was “Medicine Cabinet”. Students learned about different medications and treatments about various illnesses and minor injuries. Please talk with your students about the importance of reading the dosage and practice reading medication labels.

Here is a worksheet for you and your students to practice together. Some of these have more than one answer.

- |                            |   |
|----------------------------|---|
| 1. Allergies               | A. Acetaminophen/Tylenol                  |
| 2. Bug Bites               | B. Aloe (cooling gel)                     |
| 3. Chapped Lips            | C. Antacid (Tums)                         |
| 4. Constipation            | D. Anti-itch cream (Hydrocortisone cream) |
| 5. Cough                   | E. Antiseptic Spray (Bactene)             |
| 6. Cuts/Scrapes            | F. Bandaid                                |
| 7. Dry Eyes                | G. Benadryl                               |
| 8. Fever                   | H. Bucket                                 |
| 9. Headache                | I. Chewing gum                            |
| 10. Heartburn              | J. Cough drops                            |
| 11. Inflammation in joints | K. Cough syrup                            |
| 12. Plugged ears           | L. Decongestant                           |
| 13. Plugged nose           | M. Heating/Cooling pad                    |
| 14. Rash                   | N. Humidifier                             |
| 15. Sliver/Splinter        | O. Ibuprofin (Motrin)                     |
| 16. Sore gums/teeth        | P. Lip balm                               |
| 17. Sore muscles           | Q. Lubricant gel eye drops                |
| 18. Sore throat            | R. Milk of Magnesia/Miralax               |
| 19. Sprain/twisted ankle   | S. Orajel                                 |
| 20. Sunburn                | T. Oral anesthetic spray (Chloraseptic)   |
| 21. Upset stomach/nausea   | U. Pain Relieving Cream (Ben Gay)         |
|                            | V. Thermometer                            |
|                            | W. Trip Antibiotic Ointment (Neosporin)   |
|                            | X. Tweezers                               |
|                            | Y. Water/7up/Ginger-Ale                   |

\*\*Answer on bottom of next page





## ASL EDUCATION

*With Diane Moog*

In this newsletter we will look at some questions that are addressed within a class.

We will look at various questions at different points in the future.

### 1. What is immersion and why is it so important?

Immersion is defined as a method of teaching a foreign language by the exclusive use of that language, usually at a special school. Immersion is critical for learning ASL as well. Students are encouraged to meet native users of the language and socialize. It is the best way to acquire a language.

### 2. What is signing space?

Signing space refers to the space in front of you when you sign. This space is from your waist to the top of your head and from your right elbow to your left elbow. It is also including the area from your chest outward as far as your arms and hands can comfortably stretch. It is like a picture frame around you. Please remember to not go beyond or go any bigger than this space.

### 3. What is the basic grammar structure of ASL?

All languages have different structures to compose sentences. These all typically have a subject (who), and object (what) and a verb (action or state of being). In English this structure is S + O + V. An example of this is: I am going to work. In ASL the order is O + S + V. An example of this is: WORK I GO-TO.

### 4. Why are faces important too?

The face is where 70% of grammatical information is found when signing. The eyebrows are where you will be able to identify what type of sentences are being signed. Eyebrows down indicate a WH question. Eyebrows up indicate a YES/NO question and normal eyebrows indicate a statement. Adjectives and adverbs are found around the mouth as well as with head movements.

I hope these questions and corresponding answers are helpful. The students are learning so many aspects of ASL in class. Our discussions are open and address many different aspects of the language and DEAF culture. Our learning will continue for a lifetime as ASL is a dynamic language just like English.

## STUDENT HUB

Blair is graduating this year! She has been coming to MSDB since she was 7 years old. Here's what she has to say about MSDB.

The Cottages are amazing and fun! I love to hang out with my friends. I like to learn new things at school. I like to help other students. The Cottage is a good experience for everyone! My favorite thing to do in the Cottage is chat with my best friend because she is funny, friendly, and crazy. I also love playing Bunco! My favorite activity that the Cottage does in Great Falls is go to the Voyager baseball game!





## STAFF BUZZ



**A place where families and coworkers could brag about cottage staff to say, "Wow! They are good at their job!"?**

I nominate Shirley and Jaime. Both ladies are so helpful and patient. Always willing to help with a question that comes up. Very patient in explaining something that is not understood. Have always felt welcome to call or stop by when the need arises. Thanks for being so awesome! (Shirley Wermling and Jaime Walker work in the Business Office)  
by a Cottage Staff

I'd like to nominate Bill Andrews. Bill has done a great job in his role as Lead Houseparent of the boys cottage. He has taken the time to get to know each student and what their individual needs are. It is apparent that Bill's primary focus is on the students he serves and has their best interests in mind. Keep it up Bill, you deserve an "atta boy" for sure!! (Bill is Lead Resident Advisor in the boys' cottage)  
by a School Specialist

I would like to nominate Bill. He has helped {my grandson} through many different difficulties and I think also provides a positive male role model. Of course, I would love to award all of you with this. Truly each of you gives him so much. We trust our boy with all of you and are grateful for everything. Bill is a great man and he shares his fatherly skills with our grandson. We are eternally grateful for him and all the staff. It is hard to pick only one. We love and appreciate each of you.  
by a Parent of a Cottage Student

Mackenzie Merja -- without fail, she was *always* positive of {my son}, always supportive, and I knew not only that she cared about my kiddo, but she respected him, his differences, and his intellect. In every interaction with her regarding my child, I went away feeling that she wanted to help, wanted to teach him - - and if there were any concerns, wanted to find solutions...not find fault. Even though she hasn't taught him in a couple years, that impression has lasted as one of a handful of teachers in his sixteen years here who went out of their way to make me feel good about their interactions in the classroom, and show that she *genuinely enjoyed* teaching him and talking to him. (Mackenzie is a LEAP Coordinator)  
by Parent of a Student

I would like to nominate the night watch ladies. They meet with me on Fridays after their shift and are always so happy and very pleasant. We have great laughs, We talk about their daily duties and I work off those to develop my classes. They are proud of their work and are committed to doing a good job. They make a great team and it is an honor to work with them! (The Cottage program employs 3 NightWatch staff who work in teams of 2)  
by a Cottage Staff

Cottage students played Bingo during the Class of 2023/2024 Bingo Night Fundraiser.



Bill is helping the young boys with homework in the activity room while they enjoy their snack from the School Store.



## FLYING HOOVES TAKES ON UTAH

Please join me in congratulating the members of the Flying Hooves who had an outstanding showing at the 3rd Annual HandFlash Virtual Theater Competition for Deaf High School Students – hosted by NTID's Sunshine 2.0. Twelve different schools/programs for the Deaf were entered in the competition. Our students placed in every category they entered!



Monologue – **3<sup>rd</sup> Place** – Angelina Gilcher "Almost 16"

Duo/Trio - **2<sup>nd</sup> Place** - Angelina Gilcher, Blair Walkley and Madison Chacon "Last Day of Summer"

Duo/Trio – **3<sup>rd</sup> Place** – David Harasymczuk and Ayvia Kosine "We're on a Mission"

Ensemble – **2<sup>nd</sup> Place** - Blair Walkley, David Harasymczuk, Ayvia Kosine, Marissa Pecarano, Madison Chacon, Joshua Briggs, Angelina Gilcher, Marissa Pecoraro, Kailynn Perrin, Bridger Baetge "The Four Marauders"

The group was busy from wake up call at 6:15 am until the time they arrived back at the motel around 10:00 pm. During the day they attended workshops and training led by professional actors and performers. They also had time to socialize with new friends from other states. One of the highlights of the trip was going to Boondocks. This is a huge restaurant that includes a bowling alley, arcade games, virtual reality games, laser tag, and the biggest thrill of all...go-carts. Saturday evening was the exciting live performance that many were able to watch online as well. The exhausted crew headed north again on Sunday morning. A stop at the aquarium in Idaho Falls involved petting stingrays and feeding a porcupine and iguanas. Our last stop was in Butte at Pizzas Ranch for dinner and a few games. This was 4 very full days that created lifelong memories. A big thank you goes out to everyone that helped support this opportunity.



## HEALTH REPORT

Health Services has been missing a very valuable team member temporarily, and Vicky Jo Reeves has been available to fill shifts as needed. Fortunately she has been with us before and is providing much needed support that is much appreciated.

To say this year has flown by would be an understatement. The nurses in the infirmary have been working as a team to provide all that is required to staff and students. COVID testing still remains available to staff and students with parental permission. The challenges of COVID remain with us but how welcome it is to not have to wear masks. As the weather warms up we will be able to spend time outdoors that will help us stay healthy. It has been proven that something as simple as a walk can make a difference.

Wishing wellness and safety as we move into the last couple months of school.

Diane Eddy, RN,  
Health Services Director





## FINDING FUN IN LEARNING by Cheri Luongo

The girls in the cottage have been spending their Thursday evenings learning about healthy food choices, staying active, and having fun. This is a six week course that is presented by Nina Polk, the SNAP coordinator at our Cascade County Extension Agency. The first week the students learned how to "re-think your drink". This lesson focused on choosing healthy drinks like water and low fat milk rather than sugar filled options. They learned how to read nutrition labels to determine how much sugar is actually in various drinks. The second week focused on "color your plate". This lesson was all about filling half your plate with healthy fruits and vegetables at each meal. During this lesson they made a delicious black bean salad. The third lesson was on "read it before you eat it". The students all practiced reading food labels and determining the fat content as well as the sugar content in the foods. They also made hummus from scratch. There are 3 more weeks of lessons and we are excited to see what more we can learn and create.

**Take a Healthy Step!**

Choose one action you'll take in the coming week.

I will:

- ☐ Read a drink label!
- ☐ Limit juice to once a day!
- ☐ Drink milk or water instead of a sweetened drink at least once this week!
- ☐ Play a game I learned today!
- ☐ Try today's recipes!
- ☐ My own idea:

Signed: \_\_\_\_\_



**Sewing**

**Baking**

**Poultry**

**Goal Setting**

**4-H Project Day**

## High School Happenings: Study Skills

*With Erin Faulkner*

The ILSP workshops are now being offered to all middle school and high school students, so that they have many years to acquire and practice skills that will assist them in being successful and independent. One of the topics this month was Study Skills.

### TOP 10 STUDY TIPS FOR STUDENTS

#### Time Management

Using a planner

#### Good Study Habits

Be prepared for class and homework time

#### Ability to Set Attainable Goals

We want to be successful

#### Concentration

Stay focused and ask questions!

#### Good Note-Taking

Get a note-taker!

#### Completion of Assignments

Put your homework to good use—Review!

#### Review of Daily Notes

Review notes or textbooks **daily!**

#### Organizational Skills

Know when things are due

#### Motivation

Motivated to learn in every class

#### Use a planner

Write all homework that is due

Write when projects are due

Write when tests are

#### Homework

Write neatly

**TURN IT IN!!!**

#### Projects

Start early

Make a schedule - don't wait until the last day

Ask questions!

#### Reports/Papers

Make an outline

Check your spelling and grammar

Ask someone to proofread!

#### How to Study for a Test

Review notes or past homework

Skim the textbook

Looks for bold words,

Look at tables, pictures, charts

Make and review Flashcards

Making them helps you remember

### Outings/Activities

#### Weekly

- EOS (Mon/Wed)
- Swim Club (Mon/Tues)
- Goal Ball (Tues)
- SEL (Tues)
- 4-H (Tues)
- Student Council (Wed)
- VIP (Wed)
- School Store (Wed/Fri)
- Swimming (Wed/Sun)
- Workshops (Thurs)

#### Look what we did!

- Kaboom Arcade (2/25)
- Workshop: Study Skills (3/2)
- Workshop: Plan a Bus Route (3/3)
- 4-H Project Day (3/4)
- Flying Hooves to Utah (3/16-3/19)
- Matilda (ASL interpreted) (3/25)
- Bingo Night (3/25)
- Formal Dinner (3/26)
- Workshop: Medicine Cabinet (3/28)
- Special Activity: Food Fun Fitness (6 weeks on Thursdays)

#### Coming Soon-

- DEW (4/14-4/15)
- Bowling (4/16)
- VIEW (4/21-4/22)
- Ice Breaker (4/23)
- Super Mario movie (4/23)
- Brush Crazy (5/7)
- Senior Trip (5/10-5/15)
- Travel Home (5/12)
- Travel Return (5/15)



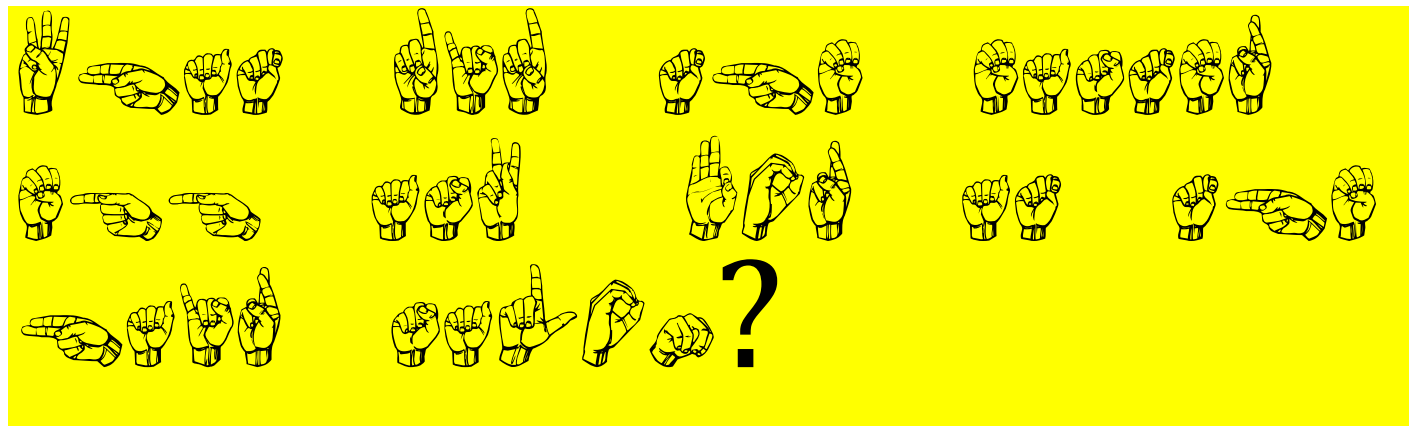
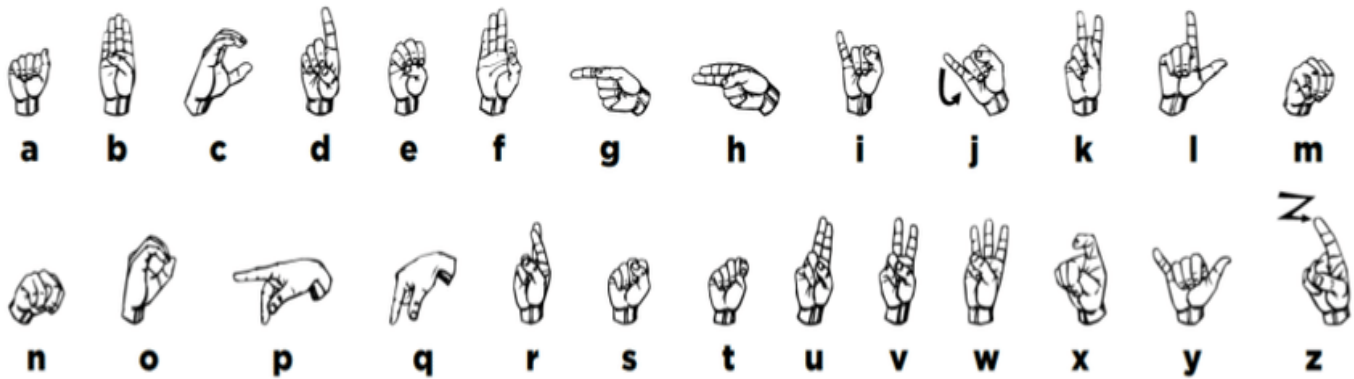
As we are nearing the homestretch (last quarter) of the school year, the students and staff discussed what activities they wanted to do. Though the MSDB Foundation supports many of the cottage activities, we feel it is important for the students to learn the importance of planning ahead and saving money for activities that they are interested in and so several activities are planned that would require those that want to participate to pay their way. In addition to the activities listed above, the Cottage and Student Council students will be participating in their Annual Trip (5/21), which is a fishing trip and BBQ at Holter Lake and Memorial Day Activities (5/27-5/29), which includes mini-golf, water games and a movie.



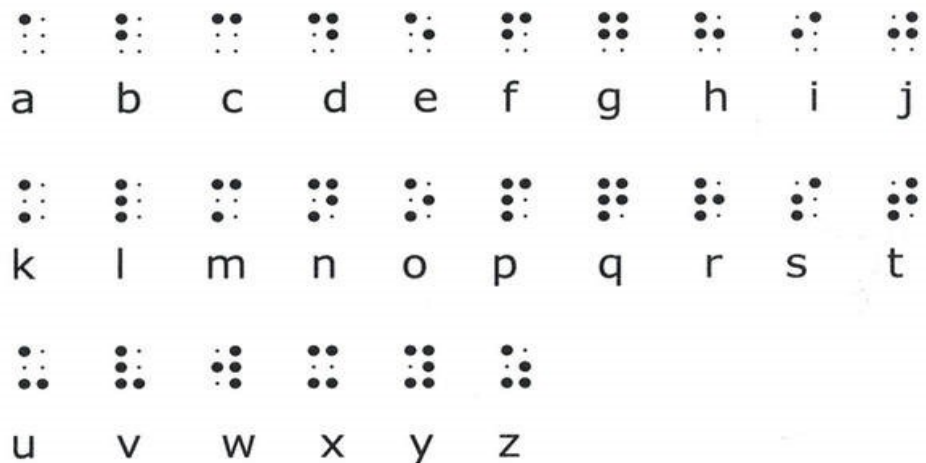
## PUZZLE PAGE

Decode the phrases using ASL Fingerspelling and Braille!

**Fingerspelling** is the process of spelling out words by using hand shapes that correspond to the letters of the word. A set of hand shapes used to spell words is known as a "manual alphabet."



**Braille** is a system that enables blind and visually impaired people to read and write through touch. It was devised by Louis Braille in 1821 and consists of raised dots arranged in "cells." A cell is made up of six dots that fit under the fingertips, arranged in two columns of three dots each.



### March 2023 Puzzler Answers:

Fingerspelling: Why did the police officer arrest her boyfriend?

Braille: He stole her heart