

# Cushing News

A publication of Cardinal Cushing Centers

HANOVER SCHOOL –July 2015



July 10<sup>th</sup>

Talent Show  
4pm

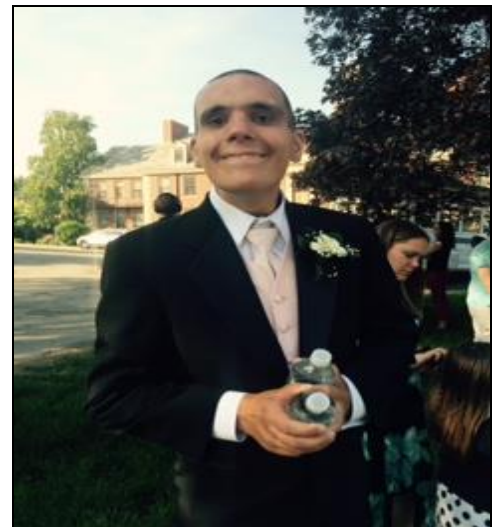
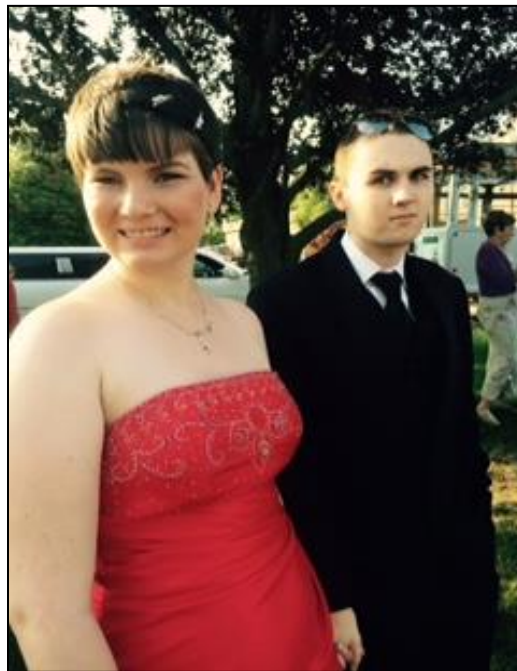
July 15<sup>th</sup>  
Special  
Olympic Field  
Day!  
10:45am-  
1:15pm

July 30<sup>th</sup>  
Out Door Movie  
Night!!  
Despicable me  
2  
8pm!

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## Milestones

Cardinal Cushing Centers in Hanover was full of excitement and pride in June! Sarah Martin and John Munnely pose for a Prom picture and Jon Rinehart gives us a big smile, looking sharp in his suit and tie! Marissa Fleming received her Technology Award and Lori Lalama, Sarah Tuton and Grace O'Hara are all smiles at Graduation!



## Self-Care Milestones – “Look! – I can brush my teeth!”

A recent in-service training by Dr. Robin Feltoon, owner of Holly Tree Dental in Hanover, included participants from the Clinical, Therapies, Residential and Student Services departments. She was a practicing occupational therapist prior to becoming a dentist and brings that skill set to working within a residential setting. All students and families deserve this milestone to independence.

Did you know that.....

- Brushing, flossing, use of fluoride, and healthy diet all contribute to healthier oral health
- It's not the toothpaste but the actual circular motion of brushing that helps to rid plaque.
- 2 minutes is the minimum amount of time we should be brushing our teeth (all 4 sections/quadrants)
- Replace toothbrushes at minimum every 6 months
- Only soft brushes should be used
- Throw away brushes after a cold/flu
- When teeth are not brushed at night, plaque left on the teeth begins to eat away at enamel
- A pea size amount of toothpaste is recommended
- The better quality toothbrushes like Sonic Care and Oral B are often recommended for those with sensory issues.
- The healthier your mouth is, the healthier your body will be.

## Social Milestones – The Buddy Bench

Many of you may have noticed the newly enhanced addition to our campus. The bright blue “Buddy Bench” has been placed near the recreational area for students. As the weeks progress, the concept of using the Buddy Bench will be introduced within social skills lessons within classrooms and with practice of how to use the Bench. When someone is feeling lonely, a student can elect to sit on the bench. Another student may reach out to him/her and ask to join in an activity or simply chat with the student who is on the Bench. Formulating and maintaining friendships are skills that last a lifetime. Amanda Rose and Selena Waitt have a seat to enjoy sunshine and company!



## Important Reminders!



**ART FESTIVAL**

THURSDAY, JULY 16, 2015

4pm-7pm

Cardinal Cushing Centers  
405 Washington Street  
Hanover, MA 02339

If you would like to share a story about your student in the Newsletter please contact Katy Hamilton at [khamilton@CushingCenters.org](mailto:khamilton@CushingCenters.org)!