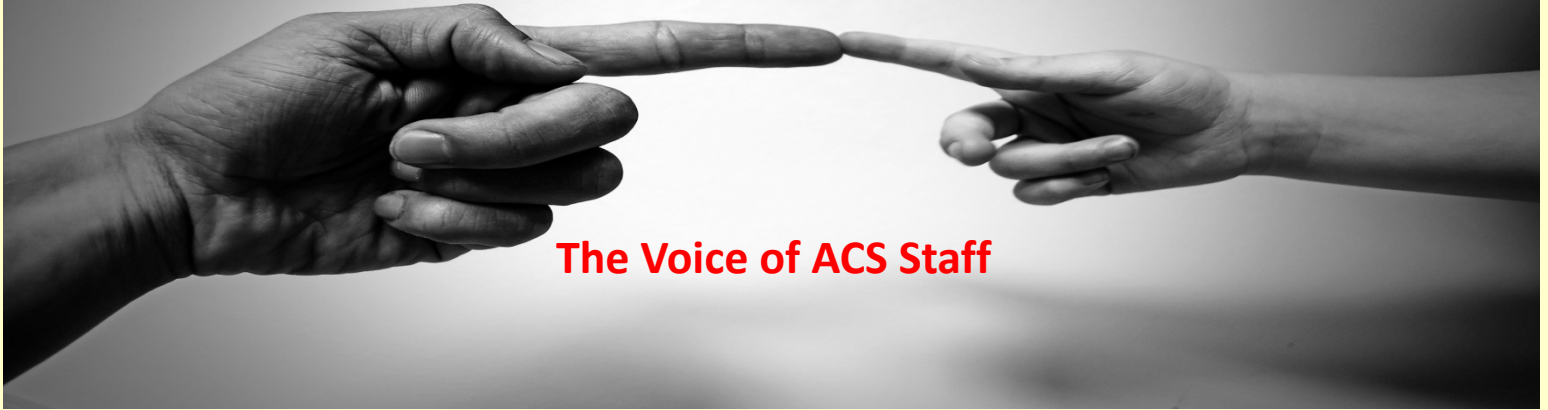


BRONX NORTH NEWS



The Voice of ACS Staff

July 2015

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ACS Main Office

150 William Street,
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877-KIDSNYC
(543-7692)

[Email the Commissioner](#)

A Special Message:

The purpose the Bronx North newsletter is to provide information to our Bronx North staff on a Monthly basis. This newsletter can be a great source of information, build awareness, and be a creative venue and voice of staff. There are infinite possibilities for Bronx North News. If you would like to contribute to this voice, have a special event to share or an idea to improve the operations or practice, please convey your message with the First Deputy Director, MaryAnn Ponton. Remember Bronx News is for Us and will be Created by Us.



The Value of Your Voice

Every Month starting July 1, 2015, The Bronx North News will be emailed to all Bronx Staff.

Enjoy this month's newsletter!

"The path of development is a journey of discovery that is clear only in retrospect, and it's rarely a straight line."

Eileen Kennedy-Moore



Bronx North News

About ACS

The New York City Administration for Children's Services protects New York City's children from abuse and neglect. Along with our community partners, Children's Services provides neighborhood-based services to help ensure children grow up in safe, permanent homes with strong families.

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Mission:

The Administration for Children's Services protects and promotes the safety and well-being of New York City's children, young people, families, and communities by providing excellent child welfare, juvenile justice, and early care and education services.

Principles:

Protect and Strengthen Children, Young People, and Families

Through all of the work of ACS, children, young people, and families are our first priority. Services are to be delivered with respect, cultural competence, accountability, and transparency.

Promote Social and Intellectual Development

The promotion of education among all those that we serve is critical to the future success of our children and young people. From early care and education, to college and vocational attainment for our young people, education ensures that they have the skills and knowledge to succeed.

Support Our Workforce

ACS is committed to support the agency's workforce, including of our provider partners, to meet the needs of serving the children, youth, and families of New York City through the promotion of a culture of respect, professionalism, and staff development.

Collaborate with Partners

ACS cannot achieve its mission without the collaboration, mutual respect, and support of partners inside and outside of government, including provider agencies, government agencies, the Family Court community, advocates, funders, and the general public. ACS works collectively with them to ensure that we are delivering the best services to those we serve.

Encourage Openness and Transparency

ACS actively seeks input from young people, parents, advocates, interested members of the community, and our partners to inform the policies, practices, and services of the agency. To the fullest extent possible, ACS is transparent about our work, while respecting children, young people, and families' privacy.



Resources

ACCESS NYC - Benefit Information. One Place.

Screen your family for over 30 City, State and Federal health and human service benefit programs. In addition to screening, you can learn about the programs, how to apply, where to go, and even print filled in applications. [Visit ACCESS NYC](#)

Resources and Information for Families

This is an online directory of information and resources that will help meet the various needs of families receiving services through ACS or our provider agencies. The links will connect you to a wide range of resources and information ranging from mental health and substance abuse treatment, to childcare, housing and more. We are committed to providing useful information. If you would like to add to this website or have any suggestions, please call the Office of Preventive Technical Assistance's Resource Helpline at (212) 676-7667.

[Visit our resources page »](#)

Free Homework Help Over The Phone

In all subjects - Grades K-12 - in 10 languages

Call **212/777-3380** on Mon., Tues., Wed. or Thurs. 4:00 p.m.-7:00 p.m.

[view Flyer](#) (in PDF)

[Useful books and links](#) about adoption and foster care



[Click here](#)

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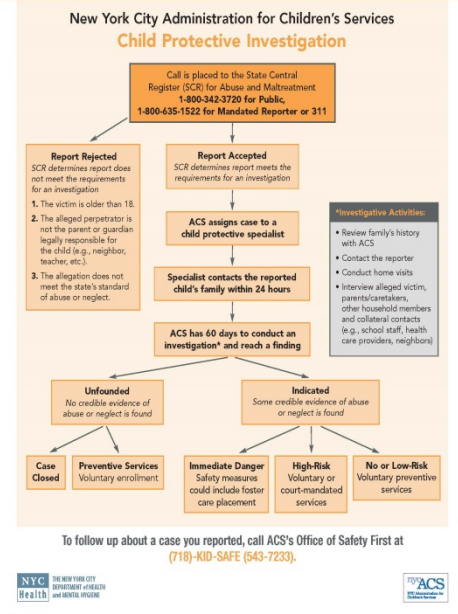
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I miss my teachers

What Happens When I Report a Suspected Case of Child Abuse or Neglect?



Birthdays and Anniversaries

Gary Sorrell – July 12th

Dougie Leake – Take a guess

Upcoming Events

Company holiday July 4

Company picnic July 22

Internet Initialisms

Strings of commonly understood letter combinations such as FYI (For your information), TGIF (Thank God it's Friday), and ASAP (As soon as possible) pre-date the Internet, of course, but they never occurred in the profusion that exists now. Readers who share my lack of currency in Abbreviation-Speak may find the following list useful.

AFAIK: As far as I know
 AIUI: As I understand it
 BTDT: Been there, Done that
 BTW: By the way
 F2F: Face to face
 FOAF: Friend of a friend
 FWIW: For What it's worth
 GAL: Get a life
 GIGO: Garbage In, Garbage Out
 HTH: Hope that helps
 IANAL: I am not a lawyer
 ICYMI: In case you missed it
 IIRC: If I recall correctly
 IMHO: In my humble opinion

IMO: In my opinion
 IRL: In real life
 ISTM: It seems to me
 JK (also J/K) Just kidding
 LOL: Laughing out loud
 OMG: Oh, My God
 OTOH: On the other hand
 OTT: Over the top
 STW: Search the Web
 TIL: Today I learned
 TMI Too much information
 TTYL: Talk to you later
 WYSIWYG: What you see is what you get

Of course this list is a mere scratching of the surface. And I've deliberately left out the ones that contain a gratuitous F. Nevertheless, even a short list may help a few codgers navigate Twitter with a little more comprehension.



Finding Enthusiasm

One of the most elemental solutions for finding enthusiasm is to focus on the benefit you will derive from completing a particular task. In some situations it's easy to discover the benefit. For instance, you may hate wrapping presents, but you know the person you're giving the present to will be overjoyed when presented with this lovely paper-wrapped gift, and so you derive happiness from envisioning the recipient opening the present.

Other circumstances will not have such obvious benefits. If you were to find yourself trying to change a flat tire on the side of the road in the middle of a storm, it would undoubtedly be difficult to find your silver lining. Under stressful circumstances, give yourself permission to think of the wildest benefit you can come up with. Perhaps you were on your way to a party you would rather not have gone to. In that case, your flat tire would give you the perfect excuse to turn around and go back home.



There is some good in every situation, whether it's in the form of a benefit or a lesson to be learned (Lesson One: Never drive with questionable tires through a storm to a party you didn't want to attend in the first place). You can harness the power of positive thinking by finding that good and exploiting it, no matter how small or insignificant it may seem.

If you're having trouble summoning enthusiasm for a particular task, try to seek out someone who enjoys doing that sort of thing and ask them to partner up with you. Like smiling, enthusiasm is contagious. If you spend some time observing another person's enthusiasm, some of it is bound to rub off on you.

If you don't know anyone who might be enthusiastic about what you're trying to accomplish, try going online to look up articles or blogs pertaining to the subject. Sometimes merely reading about someone else's enthusiasm can help you find some aspect of the task to enjoy, and get you through it with a minimal amount of stress, anxiety and dread.

If you have any questions about this article, contact us today!
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How Can I Improve My Memory?

The memory is very precious to us as it is a window to the events that have taken place in our lives. It can be frustrating though when you remember something that occurred 20 years ago but not what you need to pick up at the store this afternoon. Many people wish that they could improve their memory. There are many ways of going about doing so rather than just being frustrated or upset over the situation.



Before we talk about how to improve your memory, we need to cover the ways in which materials are learned. As you hear new information or you are exposed to a new experience, your mind has to decode what has been sent to you. It is going to interpret it in a given way. If you are focused on this aspect of things then your brain is going to file that information away.

It is as if you opened a file cabinet and dropped the information inside of it. When you are ready to retrieve that information your brain will pull it back up for you just like if you were to walk up to that file cabinet and take out the file you had previously placed inside of it.

You may remember earlier times when your memory was very sharp yet you took that for granted. The fact that we don't continue to exercise our brains and to look for new ways of thinking can lead to our skills not being as effective as they once were. Take a dancer for example. She may have spent years perfecting her moves but then stopped doing them. While she still knows about dancing she isn't going to be able to get out there and perform today as she was once able to when she practiced every day.

Pay attention to what goes on around you and you will improve your memory. The problem is that when people are talking to us we may only be half listening. We may be focused on something else that needs to be taken care of. Learning to focus on what is going on now will help you to store it for retrieval later on.

Try to make new information familiar by including it with information that you already have. Remember that there are many different forms of learning out there so find one that is best for you. Some people need visual aids in order to really be able to remember things later on. Others just need to hear it to be able to benefit from it. Find out what your learning style is and then make that a strength you continue to work with.

Take the time to ask questions or to do your own research when you aren't familiar with something. It may seem like it is over your head right now but if it is explained in a different way you may be able to grasp it. If you do more research on the topic you can expand your knowledge and that will help you to make sense of what needs to be remembered.

If you really need to remember something, explore it in your mind several times. The more you engage in repetition, the more it will be engraved in your mind for you to recall later on. There are some other methods that can help you too; such as word association and visual aids. Take advantage of what is out there that you can easily work with.

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