



# PALS NEWSLETTER

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## Inside this Issue

Study Update 1

Fun Facts about Christmas 2

PALS Offspring 2 3

Holiday Events Around Town 4

CHADD Chapter #477 Upcoming Meetings 5

Sudoku Puzzle 5

PALS Scheduling Line (412) 246-5656

Visit our Website [www.youthandfamilyresearch.com](http://www.youthandfamilyresearch.com)



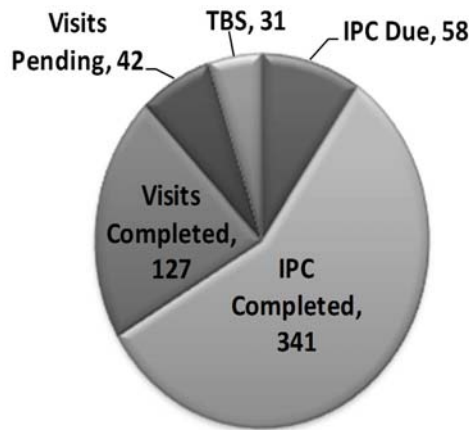
## Study Update ~

**Progress This Year:** October, 2015 marked the end

of our *sixteenth* year of data collection. From November 1, 2014 through October 31, 2015, 158 of our 599 active participants were eligible for a visit. As of 10/31/15, we completed 127 of those visits (80%). Parent visits were conducted for 117 of these visits

(92%). 42 (26.5%) visits are pending (interviews scheduled or questionnaire packets had been sent out to the participant). We completed interim phone contacts (IPCs) with an additional 341 participants. So, during the past year, we maintained contact with 510 or 85% of our active participants.

PALS Progress 11/1/2014-10/31/2015



**Additional Participants Enrolled:** In 2012, we began efforts to recruit additional young adults who participated in the ADD Summer Treatment Program as children. Thus far, we have enrolled 49 new participants and have located or had contact with an additional 15 possible participants.

**New Reporters:** Beginning in March, 2014, with the young adult's permission, we began inviting other important people in their life to participate in PALS. Since we began this process, almost all of the young adults we have interviewed have given permission for us to contact a friend/partner. We have requested friends/partners information for 151 of our participants, and to date, have received questionnaires back for 124 (82%) of them. The information we ask for is quite brief and may be done electronically- we email a link that takes them to the on-line questionnaires. Friends are paid \$20 for participating and romantic partners, who have a few extra questions to answer, are paid \$25.

Continued on Page 4



## Holiday Greetings from the PALS Study in the mail soon!

In December, we will be sending out our PALS holiday calendar and gift cards to participants. A WePay debit card with cash out instructions will be included with the calendar (the same

payment cards that you receive after a visit or phone contact update). This is a small token of our appreciation for your continued participation in the study and to wish you and yours a happy, healthy holiday season! If you have recently had a visit or IPC, please be sure to keep the cards separate as they will be for different amounts and have different PIN numbers.

**We also encourage you to cash out your UPMC payment cards as soon as possible!** If the card isn't used by its expiration date ("Valid Thru" date on front of card), funds will be lost.

Please call us at (412) 246-5656 if you have any questions.



## Fun and Interesting Facts about Christmas

- \* From 1647 -1660, English leader Oliver Cromwell banned the celebration of Christmas as he thought it was immoral. Anyone caught celebrating Christmas could be arrested.
- \* Eggnog was first drunk in Jamestown, VA in 1607. Nog comes from the word Grog which refers to any drink made with rum



\* It is summertime in Australia during Christmas and it can reach up to 100°F. Common family activities include having a barbeque and going to the beach.

\* In 1828, Joel R. Poinsett, America's first ambassador to Mexico, brought home a red and green plant now known as poinsettias. Poinsettias were starting to be grown in greenhouses in 1830. New York City started selling them for Christmas in 1870.

\* St. Lucia Day is celebrated on December 13<sup>th</sup> in the Scandinavian countries (Sweden, Finland, Norway, and Denmark). Lucia is a folklore figure that brought light to the countries during dark winter days. The oldest child of each family wears white robes with a red sash and wakes the family up to have breakfast. The daughters also wear wreaths on their head with candles in them.

\* The world's tallest Christmas tree ever erected was 221 feet high in a Seattle, Washington shopping center in 1950.

\* The largest snowman ever built was in Maine in 1999 and stood at 113 feet tall.

\* Christmas is sometimes abbreviated as Xmas. X is the Greek letter "chi" which is the Greek abbreviation for Christ.



\* Alabama was the first state to consider Christmas a holiday in 1836. Oklahoma was the last state in 1907. In 1970, Christmas became a federal holiday.

\* Germans introduced the Christmas tree to America in the 1700's but wasn't popular until the 1840's. Queen Victoria and Prince Albert brought this tradition into their home in Windsor, England. They would also send trees to local schools and army barracks. These German traditions were soon adopted worldwide.

\* While Theodore Roosevelt was President, he did not allow a Christmas tree at the White House because of "environmental concerns".

\* In 1882, Thomas Edison's assistant, Edward Johnson, developed the idea of Christmas lights run on electricity. This innovation started the tradition of outdoor Christmas decorations.



\* Gingerbread houses became popular soon after the Brothers Grimm's tale of "Hansel and Gretel" in the 19<sup>th</sup> century. The witch's name in the story was Frau Pfefferkuchenhaus which is the German word for gingerbread house.

Jason Duin, PALS Interviewer



# Study update

*Continued from Page 2*

**PALS Neuroimaging Study:** In January, 2015, we began the PALS Neuroimaging Study. To date, 52 PALS participants have participated, or 5-6 per month. We attempt to scan participants close to their regularly scheduled PALS visit. Introductory letters are sent, followed by a brief telephone screen to determine eligibility. Participation in the project involves one six-hour visit to Oakland: the first half involves an MRI scan at the MR Research Center at Presbyterian University Hospital; the second half is completed in our offices and consists of completing questionnaires and computer tasks. Participants may earn up to \$300.



**Scheduling your appointment:** At the start of each month, letters are sent to those participants who are due for either a visit or a phone contact. If you receive a letter and are interested in scheduling an appointment, please call the PALS scheduling line at 412-246-5656. **NOTE TO PARENTS:** We will delay scheduling your visits until your son or daughter's visit has been completed.

## PALS Offspring 2

Pilot study



In the next month, we will begin a small pilot study with the biologic children of PALS participant fathers who are between the ages of 4-6. The study is being conducted with colleagues Heather Joseph, DO and Susan Perlman, PhD.

Dr. Joseph is a child psychiatrist who has been working with the Youth and Family Research Program for over two years. She recently received funding from the American Academy of Child and Adolescent Psychiatry to conduct this pilot study. We are interested in improving our understanding of parenting and interactions in families where a parent was diagnosed with ADHD in childhood, and understanding better how ADHD runs in families. The results from this study will allow us to determine the possibility of conducting a larger study with more participants.

Participation in the pilot study involves one three-hour visit to Oakland for which participants are paid up to \$150. During the visit, fathers and their children will participate in an observed play interaction. Prior to participating, an introductory letter will be sent and we will conduct a brief telephone screen to determine eligibility for the project. We hope to have 30 pairs of fathers and children participate between December and March.





# Holiday Events Around Town



**Highmark First Night 2016:** Highmark First Night Pittsburgh, a production of the Pittsburgh Cultural Trust, is an arts-focused and family-friendly New Year's Eve celebration in downtown Pittsburgh's Cultural District. It is the largest single-day celebration in the region offering around 150 events at nearly 50 indoor and outdoor locations within the 14-block Cultural District. For more information, go to [www.firstnightpgh.org](http://www.firstnightpgh.org).

## Carnegie Science Center Miniature

**Railroad & Village:** This beloved display features hundreds of wonderfully realistic animated scenes that illustrate how people lived, worked, and played in our region during an era spanning the 1880s to the late 1930s. A replica of Buhl Planetarium on Pittsburgh's North Side is the latest gem added to this extraordinary display.



**CARNEGIE SCIENCE CENTER**  
One of the four Carnegie Museums of Pittsburgh

## Nationality Rooms - Cathedral of Learning, University of Pittsburgh:

Celebrate Christmas around the world between mid-November and January as the Nationality Classrooms are decorated in the traditional holiday styles of the countries they represent. The 26 rooms depict Pittsburgh's diverse ethnic heritage with examples from Eastern and Western Europe, Scandinavia, the Middle East, Asia and Africa. Prepare for your visit or experience the rooms via an online "tour", check out [www.pitt.edu/~natrooms/pages/allnr.html](http://www.pitt.edu/~natrooms/pages/allnr.html).

**Pittsburgh Crèche:** Each holiday season, from Light Up Night in November through Epiphany in January, the Crèche delights visitors in downtown Pittsburgh. This larger-than-life nativity scene is the world's only authorized replica of the Vatican's Christmas crèche that is on display in St. Peter's Square in Rome. The display is open for public viewing 24 hours a day at the US Steel Plaza at 600 Grant Street, Pittsburgh.

## Phipps Conservatory Winter Light

**Garden:** Ring in the holidays with displays that are bigger and better than ever. The most magical time of the year arrives with the opening of Winter Flower Show and Light Garden on Fri., Nov. 27. A fan-favorite and bringing the familiar carol "Deck the Halls" to life, each of the changing exhibit rooms will embody the spirit the holiday tune. Complete with artful arrangements of LED lights, decorated fir trees, props, and, of course, plenty of seasonal favorites such as colorful poinsettias, aromatic paper whites and showy amaryllis. Daily hours for Winter Flower Show are 9:30 a.m. - 11 p.m. and 5 - 11 p.m. for Winter Light Garden.



## Kennywood's Holiday Lights:

Kennywood will once again be transformed into a wonderland of dazzling light displays, family friendly activities and seasonal food favorites. For a complete operating schedule, ride list and ticket information, visit [www.kennywood.com](http://www.kennywood.com).

**European Holiday Market:** Peoples Gas Holiday Market™ Inspired by the original Christkindlmarkt created in 1545 in Nuremberg, Germany, the market brings a cherished German tradition to downtown Pittsburgh's Market Square.

Visitors can shop at the European-style chalets for one-of-a-kind gifts and hand-crafted items from around the world sold by regional, national and international vendors. Regional ethnic, cultural, and community groups will be featured daily on the performance stage.

The Market opens daily starting November 20 - December 23. Check out <http://www.peoples-gas.com/holidaymarket.aspx>





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