

More information about Staff Development Day

In last month's edition of *The Loop*, we provided a few sketchy details about the August 26 Staff Development Day (also known as the all-staff inservice).

Here is a little bit more information about the goings-on:

Staff Council will once again host the annual dessert contest. Anyone can submit a dessert to be judged.

Also, if you'd like to donate a dessert just to share with your fellow staff members, you may do that.

Caley Boyden (Service Coordination) is the Staff Council member who is heading up the dessert contest, so be sure to contact her with questions. You can send her an e-mail, or call ext. 3703.

Headlining the day will be Willie Jones and Pete Moore of the Ohio Association of County Boards Serving People with Developmental Disabilities (OACB). As previously reported, these gentlemen will discuss the Positive Culture Initiative.

Just what is the Positive Culture Initiative? Here's a teaser that was partially lifted from the OACB's website:

It is a statewide initiative launched by Ohio Department of Developmental Disabilities, Director John Martin, and supported by the OACB. It was created for a few reasons:

- To bring about lasting change within our system;
- To emphasize the true work of care giving; and
- To begin new conversations about what people with developmental disabilities want and need from us.

The initial focus was to develop a positive intervention culture in the State of Ohio that would result in the elimination of the use of unnecessary aversive interventions in the delivery of services to all Ohioans with developmental disabilities.

But the focus has expanded to include conversations about building collaboration within the DD system to create healthy relationships among and within organizations, with the goal of improving the quality of life for people with developmental disabilities.

In addition to the Positive Culture Initiative, so many other surprises are in store during the Staff Development Day on August 26. You'll just have to be there to get the rest of the details! Remember, the day starts at 8 a.m. at the E.S. Weiant Center. Lunch is on your own from 11:30 a.m. to 1 p.m., and the afternoon is full of surprises. See you there!

Leave a book behind on August 26

Dear Fellow County Board Staff Members,

The Early Intervention team would like to take the opportunity to share with you some information about our Leave a Book Behind project (LABB).



The LABB project was started by Ronni Bowyer, our former Help Me Grow Family Support Specialist. She used this project as a way to promote reading and putting books in the hands of the infants and toddlers we serve. Our Early Intervention team continues to collect gently-used infant and toddler books. We are then taking the books to our home visits to leave for the families and children we serve.

We are hoping to promote and encourage literacy opportunities for all children we serve in Early Intervention.

We would like to invite other components to become involved. At the annual staff in-service on August 26, the Early Intervention team will be having a book drive. If any staff member would like to donate a gently-used infant or toddler book, we would appreciate the gesture. We will have a drop-off site in the E.S. Weiant gymnasium that day, for your convenience.

It is our goal to collect more books so the families we serve can have many opportunities to encourage reading and literacy in their homes.

Thank you,
Amy Thieken, Courtney Bidwell and Barb Wheeler,
LABB Committee Members

August staff anniversaries

**Judy Buehler (4), Patti Gibson (14),
Susan Kennedy (11), Barb Luce (22),
Beth Rutter (11), Rena Williams (3),
Heather Wolfe (6).**

Editor's Note: These listings indicate the staff members' most-recent hire dates, although some may have prior years of service to the LCBD or other public/government entities.



‘Thumbs Up!’ to **Barb Wheeler** (Early Intervention) for covering the phones on short notice.

- **Barb Luce** (Administration)

‘Thumbs Up!’ to **Chris Lee, Denise Rose** and **Linda Hogue** (Adult Services) for providing an excellent experience for Becky Lawrence, Licking

Valley Middle School Guidance Counselor. Becky participated in activities at LICCO and with the “Bridges to Transition” group as part of the Summer Teacher Extern Program. STEP is coordinated through the Business Community Advisory Council of the Licking County

Educational Services Center. It encourages teachers and other school district personnel to gain real-world business experience during the summer break. Here are some comments Becky e-mailed to me:



Becky Lawrence (center) with Linda Hogue and Denise Rose.

“Thank you for the experience. I loved working with the teens and adults at LICCO. Chris Lee can come work for Valley any day!

She amazed me! Linda and Denise could not have made me feel more welcome. They are great with the kids. Thanks again.”

Thanks to all for making this a very worthwhile experience for Becky. Great job!

- **Louise Decker** (Administration)

‘Thumbs Up!’ to **David McManus** (Administration) for always being there as a resource for MUI information and otherwise. He is always looking for ways to improve the MUI process and make the jobs of Service Coordinators easier. His efforts are truly appreciated.

- **Angie Finck** (Service Coordination)

Thumbs up to People First members **Kyle Howell, Tonya Dillon and Jay Good**, and to **Dale Good** (Jay’s dad), and to **Diana Shannon** (Service Coordination), **Kerry Shannon** (Diana’s daughter), and **Aleesa Womer** (Service Coordination). They held a wonderful Garage Sale to raise money for 20 people to attend the PAR/OSDA conference in October. Also, ‘Thumbs Up!’ to all who donated to the sale -- they also helped make it a huge success. ‘Thumbs Up!’ also to **Mary Spain** (Service Coordination) for covering while one staff member was on maternity leave and another was on vacation. Thanks for your hard work.

- **Chanda Busse** (Service Coordination)

‘Thumbs Up!’ to everyone who donated time, money or goods to the People First Garage Sale! Your generosity contributed to a very successful fundraiser. ‘Thumbs Up!’ to **Aleesa Womer** (Service Coordination) who has been a great support for People First. She goes above and beyond to assist the entire group with activities and fundraisers. ‘Thumbs Up!’ to **Heather Odendahl** (Administration) for everything she does to help People First. She is always willing to lend a hand. ‘Thumbs Up!’ to **Jay Courson** (Administration) for his help with the garage sale. You rock! The garage sale raised a total of \$661.36.

- **Diana Shannon** (Service Coordination)

‘Thumbs Up!’ to **Matt Young** (Administration/MEORC) for getting my new scanner set up and connected to my computer. It scans much better than the previous one. ‘Thumbs Up!’ to **Teresa McCullough** (Administration) for her patience with the fiscal department as we phase in the new Infal time sheets.

- **Rena Williams** (Administration)

‘Thumbs Up!’ to **Aleesa Womer** (Service Coordination) and **Vicki Wilkey** (Adult Services), who are part of a team that is working with an individual to help decide what options he has. They are doing a great job of researching, talking with the person, and trying to come up with solutions that will help this person be most successful.

- **Nicki Forrer** (Adult Services)

‘Thumbs Up!’ to **Jay Courson** (Administration) and **David Smelts** (LICCO/CES) for rebuilding the retaining wall in front of 565. It looks amazing. ‘Thumbs Up!’ to **Diana Shannon** and **Aleesa Womer** for all their hard work on the People First Garage Sale -- you guys are awesome!

- **Sue Ormiston** (Service Coordination)

‘Thumbs Up!’ to **Teresa McCullough** (Administration) for being so organized. Thank you for your expert follow up and follow-through. You are appreciated for working so well with Service Coordination.

- **Cheree Nelson** (Service Coordination)

‘Thumbs Up!’ to **Barb Wheeler** (Early Intervention) for copying some needed papers for me when the printers were down. It is much appreciated! ‘Thumbs Up!’ to **Betsy Nixon** and **Merrin Brown** (Early Intervention) for working together as a team with me to assist a family with medical concerns. Way to come together! ‘Thumbs Up!’ to **Diane Dodson** (Early Intervention) for helping me with a family with multiple safety concerns and coming up with great suggestions!

- **Michelle Rosenberger** (Early Intervention)

‘Thumbs Up!’ to **Denise Rose** and **Linda Hogue** (Adult Services). They recently finished up the “Bridges to Transition” summer program and did a fabulous job.

- **Lisa Dunaway** (Adult Services)

Health and wellness news

SLEEP IS SO IMPORTANT -- According to the National Sleep Foundation research, getting the right amount of sleep can actually make you happier, healthier, and even slimmer!

The amount of sleep you need varies somewhat by individual. However, studies show that adults need seven to nine hours of sleep per night, and teens need 8.5 to 9.25 hours. Newborns need 12 to 18 hours, and infants should get 14 to 15 hours of sleep. Preschoolers need 11 to 13 hours, and school-age children should get 10 to 11 hours per night. If you need more than nine hours most nights, check with your doctor -- it might be a sign of a problem. Lack of sleep has been linked to obesity, diabetes, depression, inability to learn or pay attention, and accidents.

5-A-DAY CHALLENGE UPDATE -- The LCBDD Staff Wellness Committee has deemed the July 5-A-Day Challenge a bigger success than anticipated.

"I was impressed with the number of entries this past month," said **Louise Decker** (Administration), who headed up Wellness Committee's latest incentive program for staff.

A drawing was held for prizes, and here is a complete list of winners:

- **Beth Tharp** (Adult Services) -- body wash.
- **Gary Smith** (Administration) -- Cook This, Not That book.
- **Lorrie Miller** (Service Coordination) -- water flavor packets.
- **Lori Payne** (Service Coordination) -- water bottle.
- **Cheree Nelson** (Service Coordination) -- low calorie recipe cookbook
- **Heather Odendahl** (Administration) -- jewelry from Tuscarawas County.
- **Barb Luce** (Administration) -- Healthier at Home book.

Congratulations, everyone! You can look forward to an all-new challenge to be announced soon.

EAT LESS FAT (FROM THE LICKING COUNTY HEALTH DEPARTMENT) -- Americans' total intake of fat averages 34 percent of total calories. The other 66 percent comes from carbohydrates, proteins and alcohol. The Institute of Medicine recommends adults eat 20 to 35 percent of total calories in the form of fat. Therefore, it would appear that the average intake is on target for achieving and sustaining good health. Unfortunately, the devil is in the details. All fats are not equal.

Saturated and trans fats are the more unhealthy fats, and tend to be solid at room temperature (butter, beef, chicken fat, lard) but also include some oils (coconut, palm). Trans fats often are found in processed and fried foods and increase total cholesterol and low-density lipoprotein (LDL). Healthier choices include monounsaturated (nuts, canola oil, avocados, olives, olive oil) and polyunsaturated fats (vegetable, corn and sunflower oils).

The current average intake of 34 percent does fall within the recommended range, albeit towards the high end. Take, for example, a middle-aged adult whose recommended total calorie intake to maintain a healthy weight is 2,400 per day. At 34 percent, this person will eat 816 calories from fat. For the 66 percent of adult Americans who are overweight or obese, more than the recommended calories are consumed each day. If this middle-aged adult actually eats 3,000 calories per day, 34 per-

cent would equal 1,020 calories from fat. Intake of fat is still within the recommended range, by percentage, but the extra 204 calories will lead to a 21 pound weight gain in one year. The percent calories may be acceptable, but the total calories are not. Total fat intake needs to decrease and the types of fats eaten need to be healthier. This will require a decrease in total fat as well as replacing saturated and trans fats with the "good" fats. Below are some tips to achieve these goals:

- Read and compare labels for fat content. Buy low-fat/no-fat options (milk, cheese, salad dressings).
- Replace saturated fats (butter) with monounsaturated and polyunsaturated fats.
- Drain fat from browned meats and pat with a paper towel to remove additional fat; and remove visible fat from meat and skin from chicken.
- Buy tub instead of stick margarine; and use non-stick spray instead of butter or lard.
- Bake, steam, broil, sauté, grill or slow cook instead of frying foods.

(This article contains information based on the recently-published Dietary Guidelines for Americans, 2010.)

Goodbye and goodluck!

Arletta Hinger (Administration) recently resigned as Contract Administrator to accept a position with Primary Solutions, which provides Gatekeeper software and training to County Boards of DD throughout Ohio. Arletta was with the LCBDD for more than eight years. Her last day was August 5. We wish you well, Arletta -- you'll be greatly missed!

Angel Tree fundraising underway

The "Angel Tree" fundraising that typically goes on in Service Coordination during the holiday season already has kicked into high (heel) gear. The "Angel Tree" provides holiday gifts for deserving families we serve. Already the group has collected more than \$200 through various fundraising efforts so far this year. However, they are hoping that the rest of the LCBDD components will jump into the fray. There is a great incentive to make sure that happens. If we can collect enough dollars and pledges from staff, Service Coordinators **Mary Spain** and **Brenda Colley** have vowed they will make an appearance at the Staff Development Day dressed in their Sunday best! **Kristen Morris** (Service Coordination) is keeping track of the donations. Already, the 565 staff has generated a little more than \$100 toward this effort. She wants to up the ante a bit.

"We talked them into wearing their dresses during the all-staff inservice day, hoping that it would increase donations," Kristen says. "Maybe with more money, we can talk them into wearing hair extensions or fake nails!"

Let's see how much money we can gather! A big thanks to Mary and Brenda for providing the incentive. To make a pledge or donation, please call Kristen at ext. 3705.



August LICCO Team Member of the Month

Marjorie Chaney

Marjorie “Marge” Chaney was selected by her supervisors as the August LICCO Team Member of the Month because she offers a lot of help in the production department, her supervisors say.

“Marge also likes to play jokes on the staff to keep us laughing all day,” notes Workshop Specialist **Denise Linger** (Adult Services). “She really brings a smile to everyone’s faces.”

To honor Marge for her hard work and dedication, Workshop Specialist **Roy Stutz** (Adult Services), a self-described poet, wrote this:

*She’s the star of the month,
Be it sunny or rainy.
And it’s so much deserved,
For our Marjorie Chaney.
Her effort is great,
And her humor quite zany.
And we can’t help but smile
When we think of Marge Chaney.
I’ve worked with her for years,
And I’m sure you can’t blame me,
For the love and respect that I have for Marge Chaney.*

Marge is a Granville resident who has worked at LICCO for many years -- since August 1984. Congratulations, Marge, and thanks for all your hard work!

FAQ on the www

The Public Information Office continues to compile a list of questions and answers to be included in a “Frequently Asked Questions,” or FAQ page at www.LCountyDD.org.

We need your help. Don’t forget to submit questions you regularly receive from families and/or community members. We’d like to post those questions on the website some time in September. Send your questions (along with suggested answers) to **Heather Odendahl** (Administration). It’s best to send this by e-mail, however if you want to write it down and send it by interoffice mail, that would be helpful, too.

Calendar of operations

Just as a refresher, here are the remainder of holiday and inservice dates for the remainder of 2011, as approved by the Board last year:

- August 26** -- Staff inservice, enrollees do not attend.
- September 5** -- Labor Day holiday, all offices closed
- October 10** -- Columbus Day holiday, all offices closed.
- October 21** -- Staff inservice, enrollees do not attend.

- November 11** -- Veteran’s Day holiday, all offices closed.
- November 24 & 25** -- Thanksgiving holiday and administrative leave day, all offices closed.
- December 23** -- Christmas administrative leave day, all offices closed.
- December 26** -- Christmas holiday observed, all offices closed.
- December 30** -- New Year’s administrative leave day, all offices closed.

Congratulations!

August 10, 2011, marked two years for the LCBDD to work with ZERO accidents and/or injuries that resulted in time away from work. That is quite a feat! I appreciate the culture of safety that you all have created. Thank you!

- **Louise Decker** (Administration)

Fair season in full swing

The August fair season has reached its peak and those who have volunteered to help deserve much thanks.

In the next edition of *The Loop*, we’ll do a complete wrap-up of the Hartford Fair and Pataskala Street Fair. In the meantime, I’d like to take this opportunity to thank those who already have volunteered and those who are scheduled to help this week.

- **Heather Odendahl** (Administration)

Jaycees/United Way Parade right around the corner

A symbol that summer is on its way out is the fact that the Newark Area Jaycees annual United Way Parade is around the bend.

The 2011 campaign kickoff event will begin at 2 p.m. on Sunday, Sept. 18, and will launch from its usual place -- in the field between the E.S. Weiant Center and Wilson Middle School, off Green Wave Drive.

The LCBDD is planning to have a presence, once again, in the parade, and we’d love to have staff and their families (particularly the kids) join us.

Right now we’d like to see a “show of hands” of those who would like to participate. Once we have a list of interested participants, we will keep you posted as to the specific details surrounding parade day. The logistics of the parade are a little different than years past. This time we won’t have a yellow bus in the parade that can take all the participants back to their vehicles at ESW. So, if you let us know in advance that you’d like to join us, that would help in the planning.

The Licking County Chapter of People First already has agreed to be part of our parade contingent. We hope you’ll join us too -- just call **Heather Odendahl** (Administration), ext. 6911, if you can make it.

The Staff SCOOP

They are the agency's newest faces, but they aren't technically LCBDD employees. They work right along with us and in our buildings on a regular basis, so it is very appropriate to feature both of them in this month's Staff SCOOP. They were given questionnaires and instructed to answer any of the questions they preferred. Almost all answers appear in their entirety, but may be slightly edited, particularly for brevity.



Matt Young

- **Component:** Administration/MEORC
- **Title:** IT Specialist (shared with the Fairfield County Board of DD)
- **How long have you worked for the LCBDD?** Three months.
- **What do you like best about your job?** Working with a large variety of people.
- **Where did you grow up?** Johnstown
- **First job:** Kennel Club USA
- **When you were a child, what did**

you want to be when you "grew up?" Professional baseball athlete.

- **Who was/is an influential person in your life?** My mother and father. Both are very hardworking and driven.
- **Favorite inspirational quote/word of advice:** "You have a choice. You can throw in the towel, or you can use it to wipe the sweat off of your face."
- **Pet peeve:** People with no desire.
- **If you could meet any person (living in the past or present), who would it be?** Steve Jobs, Apple Inc. CEO, to discuss my future plans for the iCar.
- **Family/pets:** Mother and father, Eloise and Jay. I am the middle child with two sisters, and I have a dog, Ace.
- **Hobbies/interests:** Exercise, volleyball, golf, snowboarding, sky-diving, aviation and technology.
- **Favorite book(s) and/or author(s):** *Freakonomics*
- **Favorite movie(s):** "The Shawshank Redemption"
- **Favorite TV show(s):** "The Office," "The Big Bang Theory," and "Modern Family."
- **Favorite musical genre and/or artist:** The Beatles, Journey, Rascal Flatts, Keith Urban and Barry Manilow!
- **Favorite food(s):** Stir fry, lasagna, Grandma's chicken and dumplings, and obviously Chipotle!
- **Worst food(s):** Seafood...the thought freaks me out.
- **Favorite vacation spot:** I really enjoy Mexico and the Bahamas, but I would love to travel to London, Paris and Rome.
- **If I won the lottery, I would...** trace my roots to help those who invested in my life; and purchase a private jet and fly to Europe.



Leland Lescalleet

- **Component:** Adult Services/LICCO Inc.
- **Title:** Part-time Sales Representative for LICCO
- **How long have you worked for the LCBDD?** I started at the end of March this year. I was on the LICCO Board for six years.
- **What do you like best about your job?** All the great people I work with and all the great people I meet making

sales calls.

- **Where did you grow up?** Toboso
- **First job:** Working in the oil fields.
- **When you were a child, what did you want to be when you "grew up?"** I hope to come up with something soon.
- **Who is/was an influential person in your life?** Many people. Wisdom comes from many sources.
- **Favorite inspirational quote/word of advice:** "Be still and know that I am god," from Psalm 46:10. It reminds us that whatever is going on in our lives, or in the world, God is in control.
- **Family/pets:** I have been married to Hazel for 15 years. I have a daughter, Libby. Hazel has a son, John, a daughter, Chris, eight grandchildren, and two great-grandchildren. We have two cats who have more personality than some people.
- **Hobbies/interests:** I like to watch sports and read a little.
- **Favorite TV show(s):** "Monk"
- **Favorite musical genre and/or artist:** I like many kinds of music, especially the Big Band sound. Also, Billy Joel.
- **Worst food(s):** Anything that contains coconut.
- **If I won the lottery, I would...** set up a foundation that would help genuinely needy people or causes.
- **Is there anything else you'd like to add?** It is truly a privilege to work at LICCO. Everyone here is so professional in their work. I have said this before, but it is true -- it is like being part of an all-star team.

Coming in September:

Complete coverage of the 2011 Staff Development day, more Wellness news, your 'Thumbs Up!' submissions, and so much more!
Don't forget to turn them in by Sept. 9!

