

## MARCH MADNESS

As we all know, March is Developmental Disabilities Awareness Month in Licking County and throughout Ohio.

Also, March is when the Operation Feed Campaign takes place to benefit the local Food Pantry Network. March is when Daylight Savings Time begins, so we're all tired from losing an hour of sleep. March is Red Cross Month and National Nutrition Month.

The season of Lent begins in March. It's also the time to celebrate St. Patrick's Day and welcome the long-overdue season of Spring! Is there anything else we're forgetting?

Oh, did we mention that March also is Colorectal Cancer Awareness Month....and National Kidney Month? Severe Weather Awareness Week also falls in March!

It's Women's History Month. We'd be remiss in not mentioning that March is Chronic Fatigue Syndrome Awareness Month (no doubt!). And then there's that little college basketball tournament that is sometimes called 'March Madness' (no wonder), or if you are an OSU Buckeyes fan, you might call it 'March Sadness.'

Whew, March is a busy month! So, to honor the hustle and bustle of this time of year, we thank you for making cash and non-perishable food donations to Operation Feed. We urge you to consider giving the gift of life through the Red Cross of Licking County, and take some time to care for yourself by eating right and visiting your doctor for preventative screenings. We especially hope you'll urge others to "Get to Know Someone with a Developmental Disability," which coincides with the theme of our DD Awareness Day on March 24.

Enjoy the Spring weather. Take a walk, ride a bike, and train for the LICCO 5K (don't forget it's just around the corner -- April 23!). And please browse through this edition of *The Loop* -- stories pertaining to this busy March can be found throughout. Enjoy!



**LICCO Leprechauns:**  
*(Left) Kathy Thornton  
 (Adult Services) and  
 LICCO employee  
 Michael Smiley  
 are all smiles on  
 St. Patrick's Day.*



### March LCBDD Staff Member of the Month *Diana Shannon*

For a variety of reasons, Diana Shannon has been chosen by the LCBDD's Staff Council as the March Staff Member of the Month.

Diana recently relinquished her position as Service Coordination Team Leader to take on a new role as Advocacy Coordinator, advising the newly-formed People First

group, while maintaining an SC caseload.

"Diana knows so much about the individuals we serve, the resources in our community, and the importance of what we do in accordance with our mission and vision," explains her anonymous nominator. "She also supports our agency with so much behind the scenes work. She is a rock of support in any tough situation. People First and Self-Advocacy is gaining a strong team player!"

Congratulations, Diana! You are very deserving of this honor and we wish you the best in your new position at 565.



### March LICCO Team Member of the Month *Tammy Dumbauld*

Tammy Dumbauld works hard in the production department at LICCO Inc.

She also is a valued part-time employee at Steel Ceilings, through Community Employment Services.

To recognize her efforts, Tammy's supervisors have chosen her as the LICCO Team Member of

the Month for March.

"Tammy is not only a great worker, but she is a great person, too," says her supervisor, Workshop Specialist Denise Linger.

Adult Services Facilitator Doug Price praises Tammy for her leadership skills.

"She is a leader in the LICCO workforce and is supportive of her coworkers, as well as her supervisor," he explains. "She produces quality work and does so with good productivity. Tammy is very deserving of this honor."

Tammy is a resident of Newark who has worked at LICCO for nearly six years.



‘Thumbs Up!’ to the Personal Assistants -- **Melissa Gordon, Pam Diemoz, Krista Davis and Laura Kreager** (Adult Services). They have done an excellent job caring for a particular person we serve. They’ve gone above and beyond the call of duty by making this person’s day easier. The family has even commented on how well they have done. Great job, ladies! ‘Thumbs Up!’ to all **Adult Services staff** for their willingness to assist a person we serve. It’s great to see staff members supporting each other when challenges arise. Keep up the great teamwork!

‘Thumbs Up!’ to **Ashley Washburn** (Service Coordination) who has jumped right in since beginning her job at LCBDD. She has made it a priority to get to know the individuals on her caseload, and it shows. Thanks for your enthusiasm!

- **Nicki Forrer** (Adult Services)

‘Thumbs Up!’ and thank you to **Karl Yost** (Adult Services) for his continued support and coaching of LICCO employee **David Goslin**.

- **Sue Ormiston** (Service Coordination)

‘Thumbs Up!’ to **Kyle Miller** (Adult Services) who recently helped a lady who thought she was turning into a nearby parking lot, but instead ended up stuck in the grass near LICCO. Kyle pulled her vehicle out with his truck in just a couple of minutes. Thank you Kyle -- what a nice thing to do!

- **Beth Tharp and Krista Davis** (Adult Services)

‘Thumbs Up!’ to **Sue Ormiston** (Service Coordination) for her “Tuesday Tidbits.” This is a log she puts out every week with helpful computer information. Since Sue has started working at 565, she has been and continues to be a breath of fresh air. She is always more than willing to help with any issue, and does so quickly and with a smile! Thanks, Sue, for your willingness and smile -- they are always appreciated.

- **Jaime Lawson** (Service Coordination)

‘Thumbs Up!’ to our great staff who served on the DD Awareness Day Planning Committee and as chaperones during the event: **Barb Wheeler and Judy Buehler** (Early Intervention); **Louise Decker and Jennifer Denney** (Administration); **Gary Wimer, Lisa Dunaway and Courtney Johnston** (Adult Services); and **Molly Butt, Abby Spear, Diana Shannon, Lori Crosmer and Tacie Thorne** (Service Coordination). There are a host of others who deserve thanks, as well. Please watch for complete coverage of DD Awareness Day in the next edition of Accent. Thanks again!

- **Heather Odendahl** (Administration)

## The ‘greater good’

- Thanks to everyone who contributed to Operation Feed activities during the last few weeks. Fundraising and non-perishable food drives were conducted in each component, spearheaded by LCBDD Staff Council.

Special thanks to **Heather Wolfe and Angie Hall** (Adult Services) for their participation in the Supermarket Sweep campaign kickoff event earlier this month!

In Administration and Early Intervention, staff recently participated in a chili cookoff, among other fun activities.

All collections are going to the Food Pantry Network of Licking County, helping those in need in our community.

More coverage of Operation Feed is forthcoming. Staff Council members

are urged to report their campaign activities to **Heather Odendahl** (Administration) to be featured in the April edition of *The Loop*.

- LCBDD staff will be well represented during the Big Brothers/ Big Sisters Bowl For Kids’ Sake event on April 9. Thanks to **Chris Brooks** (Adult Services) for recruiting volunteers. Here are the teams:

- **Chris Brooks, Laura Kreager, Heather Wolfe, Melissa Gordon and Angie Hall** (Adult Services).

- **Denise Linger, Lynn Ridenbaugh, Carolyn McCallister, Angie Watson and Gary Wimer** (Adult Services).

- Alternates are **Louise Decker** (Administration) and **Kristen Morris** (Service Coordination).

Please consider sponsoring a staff member or team. You may also come out to cheer on your coworkers -- the Bowl For Kids’ Sake takes place at 3:30 p.m. on Saturday, April 9, at Park Lanes in Heath.

Thanks to all the bowlers and donors!



**CHILI CHAMPS:** (Above) Admin/EI’s chili cookoff benefitted Operation Feed. Judges were (top row, left to right) *Marti Snavelly, Pam Jones and Brad Feightner* of the Licking County Commissioners’ office. Winners were (bottom row, from left to right) *Barb Luce (1st Place), Judy Buehler (2nd Place), and Nancy Neely (3rd Place)*. Photo courtesy of Louise Decker (Administration)



## Health and wellness information

The Licking County Wellness Coalition, sponsored by the Licking County Health Department, puts out a great newsletter with the most timely information. Here's a summary of what's in the March edition:

- **March is National Nutrition Month.** The food choices made today and every day affect your health and how you feel now and in the future. Eating right and being physically active are keys to a healthy lifestyle. Start by replacing a cookie with a piece of fresh fruit for dessert or filling half of your plate with vegetables or fruit instead of refined carbohydrates like pasta or rice. For more information on National Nutrition Month, please visit [www.eatright.org/nnm](http://www.eatright.org/nnm). Each March the American Dietetics Association (ADA) focuses attention on the basics of healthy eating. This year, the theme is "Eat Right With Color," which will not only liven up your plate but your taste buds, too.

Today's meals are often drab and unappealing to the eye. Consider an extreme "white meal" of chicken, mashed potatoes, corn and a dinner roll. Boring! Adding color makes the plate more interesting to the eyes, the tongue and the rest of the body. Adding fruits and vegetables is perhaps the easiest way to add color to a meal or snack. Adding fresh, frozen or canned fruits and vegetables also adds vital nutrients to our meals that are often lacking fiber, and many vitamins and minerals. The natural chemicals that create those beautiful colors are also very important to our bodies for disease prevention.

Think about the rainbow during your next trip through the produce section. Be adventurous and creative. Your eyes, your tongue and your whole body will thank you.

**Red:** apples, beets, cherries, cranberries, raspberries, red peppers, strawberries, tomatoes.

**Orange:** apricots, canteloupe, carrots, mango, oranges, papaya, peaches, pumpkin, squash, sweet potatoes.

**Yellow:** apples, banana, corn, grapefruit, onion, pineapple, yellow peppers.

**Green:** apples, artichoke, asparagus, avocado, broccoli, grapes, green beans, green peppers, honeydew melon, kiwi, lime, romaine lettuce, spinach.

**Blue/Purple:** Blackberries, blueberries, cabbage, eggplant, plums, purple potatoes, raisins.

- **Spring is here!** Despite slightly warmer temperatures, it's important to remember that cold viruses exist throughout the year. Colds can strike anyone at any time. Taking extra vitamins or minerals cannot guarantee protection. According to Carnegie Mellon University in Pittsburgh, there are some less-than-common tips for helping to reduce the odds of catching a cold. These tips also may be helpful in boosting your overall health and happiness, too:

1. **Think positive.** Those who are more upbeat and cheerful have a reduced risk for a cold compared to those who are unhappy, depressed or angry.

2. **Avoid long-term stress.** Daily stress is not as much of a factor when compared to life changing stress (for example, divorce or unemployment).

3. **Sleep well.** Those who get an average of at least 7 hours of sleep each night are less likely to come down with a cold than those who get less.

4. **Do moderate exercise.** Moderate aerobic exercise can reduce the risk of catching and the duration of a cold; strenuous exercise can actually increase the risk.

## News from "around the LCBDD world"

Here is a brief summary of some things that were discussed at the March LCBDD Staff Council meeting, including component news and other items of special interest:

- Don't forget about the LICCO 5K -- it's April 23. If you don't want to run/walk, consider volunteering during the event. Call **Debbie Pound** (Adult Services) at ext. 3743. It was reported that corporate sponsorships are up to about \$4,000 and there were about 165 registrants.

- **Diane Dodson** (Early Intervention) continues to coordinate an after-work running/walking group to prepare for the LICCO 5K. The group meets at 4:30 p.m. every Monday at the E.S. Weiant Center. For more information, call Diane at ext. 6920.

- Did you know that the Licking County Family YMCA offers a 10-percent discount to county employees?

- **Courtney Bidwell** (Early Intervention) is gearing up to participate in the lengthy PLAY Project training sessions through a DoDD grant. Some of the Developmental Specialists and Service Coordinators also are busy with various training programs and sessions on a variety of topics.

- In Service Coordination, a Secretary and Youth Service Coordinator have been hired. More information about these new coworkers will be shared in the April edition of *The Loop*.

- The Board recently passed a resolution to increase the mileage reimbursement to 50 cents per mile. It goes into effect April 1.

- Staff Council meets again at 2:45 p.m. on Wednesday, April 20 at Service Coordination. Be sure to turn in your nominations for Staff Member of the Month before then.

## You have spoken!

Thanks to the 31 staff members who took time to fill out the survey that will shape the future of *The Loop*.

We received some valuable information about what you like and don't like; and some insight into what you'd like to see more of. You may notice subtle changes this month, but more changes are coming in April.

Also next month, we'll provide complete results of the survey so you can take a closer look at what your coworkers had to say. Thanks again for providing your insight!

### March staff anniversaries

**Caley Boyden (1), Christine Burkamp (20), Arletta Hinger (8), Kristen Morris (6), Beth Riggs (15), Teresa Valentino (5).**

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

# The Staff SCOOP

This month, we put four LCBDD staff members in the spotlight. Each staff member was randomly-selected. 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. Stay tuned in the coming months as we introduce a new “get-to-know-you staff feature.”



## Linda Hogue

- **Component:** Adult Services
- **Title:** Transition Specialist
- **How long have you worked for the LCBDD?** 13 years.
- **Have you worked in other LCBDD positions?** I have worked as a Job Coach, Job Developer, Employment Specialist on the Pathways grant, and now as a Transition Specialist for the Bridges to Transition grant.
- **What do you like best about your**

**job?** Having the pleasure of assisting individuals with what is important to them by sharing the tools and resources necessary to reach their goals and independence for a successful future.

• **Where did you grow up?** As a child I lived in Columbus, Portsmouth and Logan. My dad was a route salesman with Kacy Jones Potato Chips, which later was bought out by the Frito Lay Co., so we were uprooted frequently. My junior and high school years I lived in the Marne area, attending Licking Valley.

• **First job:** BBF -- for the younger generation, this was a fast food establishment that was located on the corner of 30th Street and Route 79 in Heath, where Tim Horton's is today.

• **Who was/is an influential person in your life?** My dad. He shared his philosophical views on politics, religion and financial matters. I have learned to value the information that he shared.

• **Favorite inspirational quote/word of advice:** “Live each day to it's fullest. We never know what tomorrow may hold.”

• **If you could meet any person (past/present), who would it be?** My great grandfather. I heard so many stories about him as I was growing up.

• **Pet peeve:** Being late -- when there is no reason to be!

• **Family/pets:** I have been married for almost 35 years and have two beautiful daughters, Angela and Stephanie. They have given me three awesome grandchildren -- Andre (7), Allie (5) and Creyden (2). For the sons I never had, I have a son-in-law, Andy, and a soon-to-be son-in-law, Robert, who has two sons, Kaden (5) and Kaleb (4). I have a spoiled rotten Shih Tzu that I adopted four years ago. She was found wandering around LICCO. I guess it was love at first sight!

• **Hobbies/interests:** I love being outside enjoying the sun and in the summer months hanging out by the pool, spending quality time with the family.

• **Favorite book and/or author:** Danielle Steel

• **Favorite movie(s):** “The Notebook”

• **Favorite musical genre and/or artist:** I enjoy Classic Rock, 70s and 80s.

• **Favorite food(s):** Lobster, which I don't get to indulge in very often.

• **Worst food(s):** Brussel sprouts



## Merrin Brown

- **Component:** Early Intervention
- **Title:** Occupational Therapist (contract)
- **How long have you worked for the LCBDD?** A few months
- **What do you like best about your job?** Seeing kids make improvement
- **First job:** Being a delivery driver in Hawaii (not my first, but for sure one of my favorites!).
- **Who is/was an influential person in**

**your life?** Jesus. My faith is a very important part of my daily life.

• **Favorite inspirational quote/word of advice:** “A goal without a plan is just a wish.”

• **Family/pets:** I have three kids in college, a smart and handsome husband, and a two-year-old Golden Retriever named Rebel.

• **Hobbies/interests:** Sports, outdoor recreation, reading, traveling, gardening and cooking.

• **Favorite movie(s):** “Angels in the Outfield,” “Remember the Titans,” and “The Blind Side.”

• **Favorite TV show(s):** Pittsburg Steelers football

• **Favorite musical genre/artist:** Contemporary Christian and Country -- Amy Grant and Kenny Chesney.

• **Favorite food(s):** All

• **Worst food(s):** Anything containing high-fructose corn syrup.

• **Favorite vacation spot:** Wild Dunes Resort -- Isle of Palms, SC.

• **If I won the lottery, I would ...** After I changed my name and moved, I would look for opportunities to develop clean water where needed.



### LINDA HOGUE (continued):

• **Favorite vacation spot:** Jamaica -- my dad had a timeshare there, giving me the opportunity to visit. The scenery there is breathtaking, picturesque.

• **If I won the lottery, I would...** build houses for my daughters and their families; take a special family vacation, maybe Disney, then a cruise; set some aside for my retirement and grandchildren's future; and donate to charitable organization.



## Pam Richardson

- **Component:** Adult Services
- **Title:** Workshop Specialist
- **How long have you worked for the LCBDD?** About 5 1/2 years
- **What do you like best about your job?** The opportunity to work with amazing people, also to empower individuals by giving them tools to be successful in whatever they choose.
- **Where did you grow up?** Hilliard. Then from 3rd grade to graduation I

grew up in Reynoldsburg.

- **First job:** I started babysitting at age 11, then worked with a program called Kidsworld in which I cleaned houses. At age 16, I worked at Baskin Robbins.
- **When you were a child, what did you want to be when you “grew up?”** A police officer – I guess because I wanted to protect and help others from bad people.
- **Who is/was an influential person in your life?** I had many influences in my life, but God is my most important influence.
- **Favorite inspirational quote/word of advice:** “Because you have so little faith. Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, ‘Move from here to there,’ and it will move. Nothing will be impossible for you.” -- Matthew 17:20.
- **Biggest pet peeve:** Someone who lies and is purposely hurtful.
- **If you could meet any person (living in the past or present), who would it be?** Jesus -- to say thank you.
- **Family/pets:** I have a wonderful husband of 21 years; a daughter, Lauren (17), who has a quarterhorse and enjoys taking it to shows; and a son, Ronnie (14), who enjoys hunting and target shooting. I have recently been given guardianship of my young cousin, Jessica, who is 9 years old. All my kids are in 4-H and we have chickens and pygmy goats that the kids show at the fair. We have two Beagles, two Chihuahuas, a German Shepherd, a Beagle mix, and three outside cats. I have a wonderful family and home -- I am blessed.
- **Hobbies/interests:** I enjoy camping, fishing, swimming, boating, hiking -- anything outside. I love nature
- **Favorite book and/or author:** *The Shack*
- **Favorite movie(s):** “Titanic” and “The Ten Commandments.”
- **Favorite TV show(s):** “Criminal Minds,” “The Mentalist,” and “CSI.”
- **Favorite musical genre and/or artist:** Classic Rock, R&B, Pop, Christian Rock, etc.
- **Favorite food(s):** Liver and onions with mashed potatoes.
- **Worst food(s):** I don't like oysters -- slimy, yuck!



## Laura Kreager

- **Component:** Adult Services
- **Title:** Workshop Specialist
- **How long have you worked for the LCBDD?** 13 years
- **What do you like best about your job?** The people I work with -- staff and clientele. I also like that I get to move around a lot during the day. I get to work with different people doing different things all day.
- **Where did you grow up?** I grew up

in Heath. I am a Heathen.

- **First job:** Waitress at Cassano's Pizza.
- **When you were a child, what did you want to be when you “grew up?”** A ballerina.
- **Who is/was an influential person in your life?** My father. At age 95 he has lived through the Depression, served in several wars/conflicts, raised seven children and still has a song in his heart.
- **Favorite inspirational quote/word of advice:** Enthusiasm -- nothing great was ever achieved without it.
- **Biggest pet peeve:** Lies, when the truth works just as good.
- **If you could meet any person (living in the past or present), who would it be?** Probably my grandfather. I've heard many stories about him. He was a traveling preacher who passed away before I was born.
- **Tell us about your family/pets:** Between my spouse and me, we have six children (two boys and four girls). We also have seven grandchildren, from ages 1 to 13.
- **Hobbies/interests:** I love yard sales.
- **Favorite movie(s):** “Rinestone”
- **Favorite musical genre and/or artist:** “The King and I”
- **Favorite food(s):** Chocolate
- **Worst food(s):** Beets
- **Favorite vacation spot:** Grand Canyon. I've never been there -- wish to go.
- **If I won the lottery, I would...have at least four more bathrooms built for LICCO.**

### PAM RICHARDSON (continued):

- **Favorite vacation spot:** Any place there is sunshine and a beach!
- **If I won the lottery, I would...pay all my bills, then move further out in the country and buy lots of land and have my own large farm. I would help all my family and help my closest friends. I would also help a homeless family and give to charity. I've been playing the same numbers for 21 years.**

## FAREWELL, FRIENDS!

April 1 marks the end of an era at the LCBDD. That's when **Brett McClintock** (Adult Services) and **Donna Flack** (Transportation) will be retired. Brett joined the LCBDD in May 1981. Donna has been with us since June 1985. Both have served very, very important roles in supporting independence among the people we serve. Both will be missed more than they will ever know! Congratulations -- we wish you all the best! And good luck to both of you on the golf course!



Brett McClintock

THANK YOU!



Donna Flack