

## Taking the initiative to good health

Healthy is as healthy does. That's the thinking behind an effort begun at FCBMRDD last month to help staff get in better shape.

The Healthy Initiatives program is a voluntary, multi-faceted approach to good health. Among its components are education, exercise, and fun.

A lunchtime seminar program led by FCBMRDD dietician Berni Thurn was offered weekly during March. The focus was on healthy eating.

Weekly yoga instruction is being offered by certified instructor Jackie DeLuca. The sessions, held in the Early Childhood Center (ECE) gym, have attracted 80 registrants.

ECE staff member Trena Brown is continuing her leadership of a lunchtime walking program that meets 3 times per week at the ECE gym. Approximately 20 staff have been regularly participating in the 2-mile jaunts.

The most popular activity so far has been a weight loss competition. In

"The Biggest Loser" contest, teams of 4 are vying to see which can achieve the greatest weight loss over the course of 2 months. The winners will earn a cash prize. Over 160 staff are taking part.

Commenting on the program, Superintendent Jed Morison said, "We've had a great deal of interest in these activities, which is a great credit to our staff and their interest in fitness."

## Search is on for award nominees

Star performers aren't always flashy. Some even avoid the spotlight. That's why FCBMRDD's Community Star Awards Committee is asking you to shed light on the community's most deserving honorees.

Established in 2003, the Community Star Awards are intended to honor persons and organizations who, through outstanding work and dedication, have supported FCBMRDD's mission.

The Awards Committee is accepting nominations in 14 categories through June 30th. A nomination form is enclosed with this issue of Dateline. The form lists the award categories.

"If you know an individual or organization whom you believe deserves recognition, please complete a form and submit it today," said Frank New, Committee Chairman.

The 2007 awards will be presented at a banquet to be held Thursday evening, November 1st.

For further information, please call Frank New at 342-5972.

## MRDD Month reprise



*Bryan Becker a member of the Ohio Public Images Board of Directors, trades quips with John Martin newly appointed Director of the State Department of MRDD (see February 2007 Dateline) at the kick-off event. Bryan is an employee at ARC Industries West and was nominated for his seat by Superintendent Jed Morison.*

# Special Olympics update



Thirty seven members of basketball Individual Skills team competed in March at Hilliard's Heritage Middle School.

The Individual Skills team includes: front row; Tim Slatter, Doug Demers, Ricky Cummings, Sarah Bond, James Fann, Shari Marshall, Denise Waits, Sylvia Mack, Seyhung Kim, JR Cummings, David Brown; second row, Shayna Rowe, Karl Peters, Jerome Carter, Victor Cochran, Ricky Brophy, Morris Petry and Bill Sherman; third row, Tony Harrington, Jason Black, Allen Jones, David Stahl, Gail Guest, Mike Drake, Jackie McKeever, Tom Hamilton and Randy Piwnicki; fourth row, Rick Kaebel, Ricky Cisler, Carl Myers, Jerry Rose, Joshua Sidwell, Randy Cornwell and Chris Parks; back row, Dana Pennell, Tim Funk, Coaches Bob Sidwell, Molly Mallon-Hedrick and Tom Crosby.

Behind the team are supporters: Bill Fann, Kitty and Ed Stahl, and driver Darla Hodo.



Flyers team 4 includes: back row, Brandi Hackworth, Coach Jim Jenkins, Tomnica Lowery, Katie Watts, Victoria Harris, Cindy Grubbs, Coach Mandy Wilkens. In the front row are: Nikei Tyler, Darlene Farley, Jodi Rock, Donnice Ross, Sheila Confoey and Nicole Oliver.



Team trophy celebration! Sheila Confoey, Darlene Farley, Nikei Tyler and Nicole Oliver. The trophy presenter is Jeff Vermillion (walking off to the right).

# Cathy Ticknor enjoys weight loss

By Nancy O'Neal FCBMRDD Service Coordinator

Having lost 150 pounds, Cathy Ticknor should be everyone's inspiration for weight loss.

It all started 3 1/2 years ago when Cathy moved in with her 3 sisters. What would they have to do to modify the house to adapt to Cathy's needs? She mainly was confined to an electric scooter due to her obesity. An ARC South participant, she is also diagnosed with Cerebral Palsy.

One sister, Rachael, had been battling her own war against weight, and had lost over 100 pounds, so her idea was not to adapt the house but to encourage and support Cathy in losing weight so she could become more ambulatory again. Cathy agreed. Rachael or "Sarge" as Cathy lovingly calls her, helped teach how to eat in moderation.

When Cathy started losing weight, she could only walk 20-30 steps and would be out of breath. She now walks with a walker or on a treadmill 1 1/4 miles at least 5 days per week. At her sister's suggestion, to ride her reclining bike in the Columbus Marathon, but due to safety reasons, she wasn't allowed to participate. So her sisters rallied for a personal marathon along the same route and had several friends run the course with Cathy while she rode her

bike. She completed the course in 5 1/2 hours with a smile and a great sense of accomplishment.

Cathy said, "The marathon was awesome fun. I couldn't believe I made 26.2 miles. It's been awesome, I feel like I've got my life back. I felt I was slowly dying. I couldn't walk, or breath and it was hard to move." Cathy also said, "I couldn't have a better support group, they are super, super, awesome. God has blessed me with a wonderful family. They go above and beyond and are 200% supportive and God has given me the strength and power to stick to it."

Cathy's family loves drama, and has definitely been dramatizing every 50 pounds Cathy loses, since her goal has been to lose 50 pounds every year. When Cathy lost her first 50 pounds, her family rented a limo and they all went to the Spaghetti Warehouse. When 100 pounds were gone, the family had a big open house party. Recently, she lost a total of 150 pounds and she has always wanted to experience the water rides at Fort Rapids but due to her size she was unable to, until now when her family planned a party at Fort Rapids and an overnight stay with plenty of slide fun.

Cathy has a final goal of losing 100 more pounds and her sisters will be very excited when she hits that mark



Cathy Ticknor

because their parents are planning a family trip to Hawaii to celebrate.

No doubt, Cathy will be doing the hula very soon while looking awesome!

## Work out at the pool

In conjunction with the "Biggest Loser" competition, the West Central pool will be open on Saturday mornings beginning March 31st. The available dates are: March 31, April 21, 28, May 5, 12 and 19.

Hours will be from 9 a.m. to 11 a.m. There will be room for lap swimming, and workout cards will be available to help provide you with water exercise ideas. An aquatic staff member will be there to lifeguard as well as provide tips and distance information.

Lap swimming and/or water exercise is often touted as the best form of exercise for weight loss.

If you are interested in participating, send Tina Pashovich an e-mail or call 342 - 5280 to sign up.

## Autism run slated

"Out Run Autism" has announced plans for its 3rd annual 5 kilometer and 1 mile Fun Run to be held at Homestead Park in Hilliard on Saturday, April 21st.

All proceeds will go to Central Ohio Families for Effective Autism Treatment.

To register, please visit [www.premierraces.com](http://www.premierraces.com).

# Safety, training videos

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FCBMRDD Safety Coordinator Jeri Gilbert maintains a full supply of videos and training materials for use by FCBMRDD staff. The following is a list of current titles:

Universal Precautions for School Staff  
Bloodborne Pathogens Instructions for School Staff

Spectrum Center Bloodborne Pathogens

Bloodborne Pathogens for School Custodians

Bloodborne Pathogens: What You Need to Know

Universal Precautions for the Special Needs Bus

Bloodborne Pathogens for School Employees: The Straight Facts

Handwashing for Schools: A Clean Defense

Bloodborne Pathogens for Bus Drivers: The Route to Safety

Bloodborne Pathogens in Schools: A Refresher Course

Bloodborne Pathogens Commercial & Light Industrial Facilities

Bloodborne Pathogens for Non-Healthcare Workers

Bloodborne Pathogens: Early Childhood

Bloodborne Pathogens: Real, Real-life for Schools

Bloodborne Pathogens: Fast Facts for Schools

Bloodborne Pathogens in Athletics

Bloodborne Pathogens: Take Precautions

The Hazard Communication Standard

Hazard Communication in the Workplace

Your Right to Know: The Material Safety Data Sheet

Your Right to Know: Hazard Communication Labels

In-Plant Immediate Emergency Response

Hazard Communication for Schools: The Road to Safety

Hazard Communications

Hazard Communication 2000- Long Version

Hazard Communication: Real, Real-Life for Schools

Funnel Facts

Day of the Killer Tornado

Mr. Terrible Tornado

Adventures of the Disaster Dudes

Minneapolis Tornado

Terrible Tuesday

Planning for Disaster: Tornadoes

FCBMRDD MUI Training Video

American Red Cross Emergency Test, Countdown to Disaster, Fire Power

Plan to Get Out Alive

Maintenance Person Safety

Safe Custodial Practices

Forklift and Pedestrian Safety

Vehicle Safety: Driving on the Road

Box Cutter Safety

General Office Safety

Auto Shop Safety

Safe Lifting

Safe Forklift Operations

Lockout/ Tagout Safety training: A Program for Employees

Fire Safety: Everyone's Job

ZEE Advantage: Personal Protective Equipment

ZEE Advantage: Back Injury Prevention

Lockout/ Tagout for Schools: Controlling the Beast

Basic Lift Truck Principles

Fire Extinguisher Use

Playground Safety: Supervising Our Children

Safety Bite: Machine Guarding

Safety Bite: Safety Orientation

Safety Bite: Lockout/ Tagout

Safety Bite: Hand and Power Tool Safety

Safety Bite: Forklift Maintenance Safety Operations

Safety Bite: Radial Arm Saw Safety

Safety Bite: Heat Stress

Safety Bite: Fire Extinguisher Training

Kellar Lock-Out Tag-Out

Disaster Preparedness

ARC Community First Aid

ARC Community CPR

Taking Care of Simple Injuries Daily Living Skills Kit

Introductory Lessons, Basic Fire Prevention, Evacuation Procedures

Advanced Fire Evacuation Procedures

Common Household Fire Hazards

Please call Jeri at 342-5957 for further information.

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## PAR to present Autism seminar

On May 3rd, the Professional Association for Retardation (PAR) will provide a seminar titled, "Autism: Where Are We Today?" The location

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will be the COSERRC Center at 470 Glenmont Avenue.

Ginger O'Connor, a speech language pathologist with the Washington County Board of MRDD,

will present the material, which will cover the history and causes of autism as well as treatment strategies.

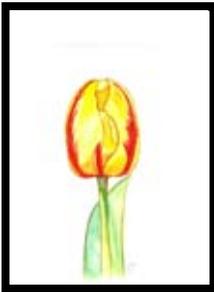
The seminar, which will run from 9 a.m. to 3 p.m., is approved for various certification credits by ODMRDD.

For further information, please call 419/ 522-6207 or go to [www.par-ohio.com](http://www.par-ohio.com).

# Good For You

*Notable Achievements in the FCBMRDD Community*

*Career Milestones*



*Tulip by Pat Batdorf*

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A watercolor by Patricia Batdorf, of the Employment Services Division has been put on exhibit at the MadLab Gallery, 105 North Grant Avenue. The exhibit runs through April 9th.

**Hope Foster** and **Ida Quinlisk**, Senior Performance Analysts with the County Commissioners' Office, have been assigned to serve as liaisons with FCBMRDD. They will assist primarily with budgeting and levy planning.

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Special thanks to the many **staff** and **volunteers** who worked at Northeast School's Spaghetti Dinner on March 10th. As usual the event was well-attended, and the food was delicious.

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*20 years*

**Gina James**  
**Pamela Schoenstra**  
**Dianna Taylor**

*15 years*

**Verna Blevins**  
**Vernice Carsby**  
**Amy Corrigan**  
**Elizabeth Jones**  
**Pamela Lawson**  
**Sally Starrett-Robinson**

*10 years*

**Lisa Adams**  
**Dennis Cox**

*5 years*

**Andrew Hawk**

## Dr. Laub to present workshop

The Psychology Department has a goal of increasing the use of positive teaching strategies within the agency. As one step in this effort, Karen Laub, Ph.D., will be offering a workshop on the topic. The first of these workshops will be April 19th from 8:30 a.m. to 3:30 p.m. at 2879 Johnstown Rd. There is no cost to participants. Professional credit may be available. For more details, please contact Chris Reese at 342-5310 or [chris.reese@fcbmrdd.org](mailto:chris.reese@fcbmrdd.org)

## Families United to meet

Darla Minamyler, Director of Minamyler Residential Services, will be guest speaker at the next meeting of Families United, which will be held on Thursday, April 12th at 7 p.m. The location will be Overbrook Presbyterian Church, 4131 North High Street.

Darla will share her perspective on the Ohio Developmental Disabilities Profile (ODDP), the assessment tool to determine funding amounts for Individual Option Waiver recipients.

The public is invited.

## Prader-Willi festival set

The Prader-Willi Syndrome Association of Ohio will hold a festival and resource fair on Saturday, April 21st from 9 a.m. to 4 p.m. The location will be West Central School, 1481 West Town Street.

Activities will include swimming, crafts, a magic show, a puppet show, carnival style games with prizes, balloons, a toddler play area, bingo, a pinewood derby and lunch. In the morning there will be a resource fair for parents and providers, and in the afternoon, an informal question and answer session with Dr. William Zipf.

Anyone with questions, including any agency, provider or group who would like to sponsor a table at the resource fair should contact Sandy Giusti at 876-1732 or [juicete@aol.com](mailto:juicete@aol.com) by April 7th.

# MRDD Operation Feed fills pantries

Congratulations to all the staff, consumers, and parents who participated in the 2007 FCBMRDD Operation Feed campaign. Totals of \$11,700 and 8,034 pounds make this our best year so far.

Special congratulations go to: Judy Coffey and Debbie Osborn at West Central School for the highest grand total; Mike Doran and a team of helpers from ARC East for an extremely close second place; Dianne Kimberling, Cindy Massenelli and others at Administration for placing third.

Some departments specialized in one kind of contribution and ARC ESD, under the joint leadership of Debbie Schafer, Trish Potenza and Bob McCarthy, amassed almost 3,000 pounds of food!

Cindy Wilcox, Thomas Summerford, and the crew at the West Transportation Compound used a late start as an incentive. They were second overall in food contributions and won the coveted golden crockpot, the trophy for Transportation Department contest.



*Cindy Wilcox and a team of helpers from the West Transportation Compound weigh in over 900 pounds of food.*

## Dateline

### The Franklin County Board of Mental Retardation and Developmental Disabilities

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The following FCBMRDD staff contribute to the monthly publication and distribution of Dateline.

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## Calendar

### April, 2007

**8** Happy Easter!

**9-13** Spring Recess - schools and ECE programs closed.

**10** Franklin County Residential Services Board of Trustees meeting, 1021 Checkrein Ave., 11 a.m.

**15** Holocaust Remembrance Day

**18** FCBMRDD Human Resources Committee meeting, 2879 Johnstown Rd., 4:30 p.m.

**18** Parent League meeting, 2879 Johnstown Rd., 9:30 a.m.

**18** Families United meeting, 4131 N. High St., 7 p.m.

**21** Prader-Willi Syndrome Association Festival and Resource Fair, West Central School, 9 a.m. - 4 p.m. Call 876-1732 for details.

**23** ARC Industries Board of Trustees meeting, Holiday Inn On-the-Lane, 11:30 a.m.

**26** FCBMRDD Finance Committee meeting, 2879 Johnstown Rd., 4 p.m.

**26** FCBMRDD Board meeting, 2879 Johnstown Rd., 5 p.m.

## “Quotable quote”

“My mom always said ‘normal’ is just a cycle on the washing machine.”

-- Wynonna Judd