

Spring formal a huge success by Becky Niles



Julie Lyle and Matthew Stevens

Over 200 recreation members and their guests enjoyed the Recreation Spring Formal, held April 12th at the Grand Valley Dale Ballroom. The event included a catered dinner and more than two hours of dancing to their favorite music.

This was the second year for the formal, sponsored by Franklin County Recreation, with the support of staff from FCBDD and ADD, student volunteers from Ohio Dominican University, and numerous other volunteers.

The evening began with elegantly dressed recreation members descending the ballroom's grand staircase. Many people stopped to show off their gowns, suits and tuxedos, and pose for pictures in front of the beautifully decorated stairs.

"This was a great opportunity for everyone to get dressed up and have a night where everyone feels like an adult," said Ryan Phillips, Director of Recreation and Special Olympics.

Dinner was served by ODU students who collected table cards with everyone's dinner selections. After dinner, the photo booth and dance floor opened, moving the party into full swing.

Recreation members who attended dance classes at the Gala led everyone in several line dances, including the Cha Cha, Slide and Electric Slide. The dance floor was packed as everyone joined in the fun.



Rick Kaebel, Carly Kennedy and Steve Allen

"To see everyone – students, recreation members, and volunteers – all having fun together and being part of the same group, it was amazing," said Mel Rhoads, Director of Community Connections.

Joe Eberts and Ron Clark, of Grandview Dance Plus Ballroom, provided the music, with plenty of current songs, some popular oldies, and even special requests from guests.

Star awards to be presented October 9

It's not too early to mark your calendar for FCBDD's 11th Annual Community Star Awards banquet, set for Wednesday, October 9th. The location will be the Villa Milano Banquet and Conference Center, 1630 Schrock Road.

The annual awards program was established in 2003 to honor individuals and organizations who, through outstanding dedication, help advance FCBDD's mission. The awards are presented in 14 categories.

NBC-4 co-anchor Marcus Thorpe will be asked to serve as emcee and the Dave Power Trio will be invited to provide musical entertainment.

"The motion picture industry has the Academy Awards," said Superintendent Jed Morison. "At our agency, we have the Star Awards."

ARC supports Race for the Cure

Being familiar with the Susan G. Komen Foundation office in Westerville, ARC North staff member Lyn Herron contacted Natalie Guagenti, volunteer coordinator for the race. They hatched a plan whereby ARC North would provide volunteers for three weeks to stuff "Survivor Bags" at the headquarters for distribution to race participants on May 18th.

Commenting on the project, Natalie Guagenti said, "We have the second largest Race for the Cure in the world, so we rely heavily on our volunteers to help make the race happen. We were so excited to see them wearing their Komen Columbus Volunteer shirts so proudly, knowing that they helped make an impact."

Special thanks to Amber Schmitter, Alique Yardley and Mary Brooks who accompanied the volunteers.



From left are: Eddie Diamond, Chris Makkas, Amber Schmitter, Jerome Carter, Krystal Lott, Nola Plyle. Seated, Bobby Miller.



Back row: Joey Barnard, Eddie Diamond, Roberta Harvey, Mark Ford, Richard Fox. Middle row: Asijah Slaughter, Lyn Herron, Jacqui Carter, Charlie Pack. Front row: Lorie Cobb, Bonnie Blair, David Koontz.

Paddlesports program offered



Do you think you might enjoy canoeing or kayaking this summer?

The Disability Resource Network is offering its Paddlesports Education Program to the public, including individuals with disabilities and their families. The program is funded in part by a grant from the Ohio Department of Natural Resources.

For more information, please go to www.disabilityresourcenetwork.com and remember, always wear a properly fitted life jacket when in a kayak or canoe.

ARC West names award winners

ARC West presented the first quarter awards for Star Producers and Star Performers recently. Five individuals in each category received awards based on numerical scores given by their Instructors. Two were awarded the Top Performer and Top Producer prize.

The Producer awards are given to those consumers who follow ten work rules and maintain or improve their work production. The Top Performers are given to those consumers who follow the work rules and are good Arc West

citizens. The winners were Scott Shimeall as the Top Producer and Sarah Bakies as the Top Performer.

Other award winners in the Producer category were Richard Lafong, Linda Meeker, Amy Tracy and Kathy Chole.

The other Top Performers were Heather Moore, Mary Lou Watson, Alex Carter and David Stahl. As these award winners go forward, they know that they serve as role models to other ARC West participants.



Scott Shimeall, Top Producer



Sarah Bakies, Top Performer

Northeast prom makes a splash

Northeast School held its annual prom on Friday evening, April 26th. In keeping with the theme "Underwater Paradise," the school gymnasium was transformed into an amazing aquarium filled with fish, coral reefs and wavy water.



Austin Van Almsick, Hanna Henderson from Reynoldsburg H.S.

Staff member Teresa Mulinex chaired the prom committee and led a group of staff and volunteers who contributed to the event. A delicious dinner of shredded chicken and beef, baked red potatoes and fresh fruit was served.

Musical entertainment was provided by "Jammin" Gina James. Students D'Ondre Welch and Marjahnee Anderson were crowned King and Queen respectively.

"This was a great night for all who attended," said Principal Carol Rantala. "Everyone thoroughly enjoyed it."



Charlie Denny



Eric Palmer

A computer wizard in the making by Cheryl Sinclair

Willie Jo Watts joined the Hague Living Skills Center adaptive computer program in April, 2011. Upon arrival, he demonstrated a lack of use of his left hand.

Willie Jo showed interest in computer activities from the start. An occupational therapy program was put in place, with hopes to promote more automatic and independent left hand use. He quickly progressed with prompting during training to orient him to various computer programs. He now averages 27 successful, independent left hand uses per session. He is learning the steps in

turning the computer systems on and maneuvering the mouse to open and enjoy activities of his choice.

Willie Jo is expected to expand his fine motor skills and interests as he continues to work with computers.



Willie Jo Watts

Kentucky Derby with a twist by Joan Gillis

When members of Margie Parkman's group at ARC North heard about the "Derby with a Twist" event taking place on March 29th at Bixby Living Skills Center, they began planning.

Throughout March, members of the group participated in activities to prepare for the events. Special software was designed by Michelle Mineo and available on the adaptive computers so that participants at ARC North could familiarize themselves with horses, bugles, and other Derby highlights.

The group designed and made fabulous hats to wear, and sampled non-alcoholic mint juleps. They even watched YouTube highlights of two previous Kentucky Derbies. After much debate, the team name, "Glad Hatters" was adopted and a team sign designed.

Everyone was impressed by the pageantry and the creative costumes of the other participants. Thanks to Bixby for hosting a fun event that enabled many a chance to experience Derby traditions.



Pictured are Kim Cashner, Lucinda Bachman, Bobby Eckhardt, Lucinda Spencer, Roberta Harvey, Tom Williams, Eric Berquist, and Margie Parkman.

Warm water therapy at West Central by Lori Patzer

Warm water is not only inviting but creates a unique and therapeutic environment for all participants. Many of our students are non-ambulatory, so working with an instructor in the warm water is very beneficial.

The therapy increases the circulation and range of motion in stiff joints, and allows freedom from a wheelchair. By floating weightless in the water the students enjoy relief from constant pressure on their body. Some ambulatory students struggle with moving their bodies on land. Many of those students have benefitted from weekly aquatic therapy.

Two students who have been attending on a regular basis for many years have increased their core and leg strength, head control and balance, and can now transfer from their chairs. The positive changes these students have made are measurable as well as remarkable.



A parent's perspective by Carolyn Lahrmann

My children have been swimming with the staff at West Central since they were one-year old. It has been a wonderful activity for them in terms of the exercise it provides as well as the pleasure they receive from swimming.

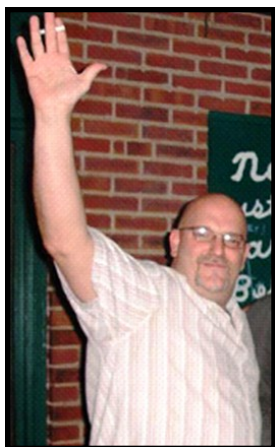
For people with special needs, a pool is a great equalizer and it can provide recreation as well as therapy. West Central's pool is especially adapted to the needs of those with developmental disabilities. The water is kept at the perfect temperature to help swimmers relax their muscle tone and there is adaptive equipment and many kinds of toys to allow people with special needs to get the most out of their time in the water.

But it is not just the facility that makes the West Central pool an exceptional place. The dedicated staff has made the pool a gem for the special needs community in Franklin County. Lori, Bob, Tawnya and Tina have an incredible knowledge base from working with so many children and adults over the years, which allows them to tailor therapeutic programs for each swimmer.

My children have learned to stand and take steps in the pool as a result of the pool staff's creativity, enthusiasm and dedication. Going to the pool and seeing my children work with the staff is the best part of my week. I encourage everyone in the special needs community to take advantage of this asset.

In memoriam

Chris Lane



Service Coordinator Chris Lane passed away on April 21st. His tenure of FCBDD service was just a few weeks short of 21 years. He was a caring, generous, kind and funny man.

Chris worked hard at his job, improved the lives of many service recipients and touched the lives of many of his coworkers, making the days more enjoyable with his smile and great sense of humor.

Chris was also an actor, director, writer, as well as a singer and songwriter. He was heavily involved with MadLab, a local theater production company. His comedic personality came to life there.

Donations in his memory can be made to MadLab, 227 North 3rd Street, Columbus, Ohio 43215 through check or through PayPal at www.madlab.net.

We extend our deepest sympathy to Chris' family and friends, including his wife Tay.

Tell me more, tell me more by Toni Jeffers, RDH, Nisonger Dental Program



One of my all time favorite movies is *Grease*. It was released as the summer blockbuster of 1978, the year that I turned 13. I was hopelessly devoted to dress, sing and be Olivia Newton-John.

Do you remember at the beginning of the movie how Danny and Dandy frolicked in the splashing waves? The billowing waves enhanced the romantic movie magic. Hollywood tantalizes our emotions with the use of water making movies seem more romantic, scarier or intense.

Perhaps the water commonly used in dentistry might intensify your emotions when you visit the dentist. Both the dentist and the dental hygienist can use water technology in their work. Most people are familiar with the water drill that the doctor employs, but some may not be familiar with the "Cavitron" or ultrasonic scaler that can be used in a dental cleaning.

At the Nisonger Dental Program, we use the Cavitron on many of our patients who have difficulty with maintaining their oral hygiene. Some of our patients develop heavy plaque and calculus, and the Cavitron actually makes for an easier and shorter dental visit. The biggest complaint patients have with the use of the Cavitron is the water mist and the noise it creates.

The technology behind the Cavitron is called cavitation, hence the name Cavitron. When the tip is connected to the machine, the working end vibrates and the vibrations combine with the water to form tiny bubbles. These bubbles then implode and release energy, which allows for the removal of deposits and stains on the teeth. Cavitation Technology is also used in medicine with kidney stone removal.

To alleviate your fears of dental water, try to think happy water thoughts. Think of your last beach vacation, a day at the pool or my favorite water thought: a dishwasher running. You might even think of the Cavitron as a shower massage for your teeth.

To help with the noise, bring an iPod filled with your favorite tunes to block out the sound of the dental water and the noise that the suction makes.

Now that you know about Hollywood's water trick, watch for it the next time you see a movie.

In memoriam

Linda Bundy

"Miss you, Miss Linda" is what one friend wrote on a card for the special display set up at the Early Childhood Learning Community Annual Art Show this year to honor Linda Smith Bundy, our coworker, who passed away on April 17th. It expresses a sentiment deeply felt by all who knew her.

Linda was a caring colleague and a treasured physical therapist who worked at FCBDD Early Childhood Education for over 30 years. Linda was planning to begin her retirement at the close of this school year with a move to the southwest with her husband, Rand. She had planned to spend more time on the art of jewelry making. Sadly, a trip to the emergency room over spring break began a journey that ended soon after.

Linda was an experienced and valued therapist who mentored interns, led committees, and actively participated in the development of our outdoor learning environments. Making play spaces accessible to all children was a hallmark of her work. Linda's many contributions will be cherished by all who knew her.

Linda is survived by her husband, two children and a grandchild whom she adored.



"Quotable quote"

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

-- Maya Angelou

A legacy of service

Retirement beckons for Bo Milby, Noe Farfan

Two longtime FCBDD staff members are retiring this month.

Bo Milby was hired as a Training Specialist in 1980. He has served as a supervisor at ARC North for 27 years. During his tenure, Bo has been involved with building renovations, table of organization changes, consumer programming changes and much more.

He was a member of the Emergency Medical Team, Behavior Support Team, and oversaw the Company Store.

Bo was known as the "Bus King" since he kept all staff updated on the ongoing changes of bus assignments, bus numbers and bus locations.

Bo said that one of the most gratifying aspects of his career was having four staff receive Community Star Awards. He has been known as a strong mentor for staff and consumers.

Bo is a proud father of four and grandfather of six. He and his wife, Tara, will be moving to Hillsborough, Florida, where he plans to golf, fish, volunteer and "see what second career might present itself."

A soccer aficionado, Bo has been a referee for years and has officiated hundreds of games. He is hoping to attend the 2014 World Cup in Brazil.



Bo Milby, ARC North Supervisor



Noe Farfan, Home Based Specialist

Home Based Specialist Noe Farfan was hired by the agency to work with adults in 1975. At that time, he was assigned to a temporary workshop to accommodate adults who were being assimilated by the Columbus community after leaving state institutions.

In 1979, Noe transferred to the Early Childhood Department where he has remained to the present. To say he has positive feelings about the department would be an understatement.

"Our program is one of the best in the country. We've been very creative in meeting the needs of young children in Franklin County. I'm very proud to have been a part of it," he said.

An avid runner, Noe is looking forward to running more miles in retirement. He is also planning to travel to Santa Fe, New Mexico, with his wife Susan.

Looking back on his career, Noe is grateful to have helped many children reach their potential.

"There is nothing so great as to see the eyes of a child light up when he or she learns a new skill which will open up life to new, wonderful experiences."

Good luck, Bo and Noe, and thanks for everything!

Good for you

Notable achievements in the FCBDD community

At Eastmoor Academy, **Adriana D. Hale** was a cheerleader, a member of the choir, the drama club and the drill team. The 2013 grad will attend **Central State University** next year. She recently auditioned there for the drill team, **the Dancing Belles**, and earned a spot. Adriana's parents are **Ray** and **Hallie Y. Hale**. Hallie is a FCBDD bus driver at the East Compound.



Congratulations and best of luck, Adriana!

Congratulations to the following FCBDD community members who completed the **Capital City Half Marathon** on May 4th: FCBDD staff members **Lynn Johansson, Martin Kerscher, Clarice Pavlick, Sara Thiel and Pam Vasiloff**; FCRS staff members **Joyce Buckley, Stacy Chiero, Melinda DelFratte and Arnesia McMillan**; and **William Burns**, husband of ARC North Director **Nan Burns**. On April 15th, William also safely completed the Boston Marathon.

Inspired by her attendance of Psychologist **Steve Wilson's Flourishing!** seminar held at FCBDD on February 20th, Chief of Psychology **Angela Ray** is spreading the word that Wednesdays are set aside for expressing gratitude. "With that being said," Angela notes, "an

attitude of gratitude brings serenity and laughter." So let's all remember to wish everyone "Happy Wednesday!"

Once again FCBDD staff have showed their strong support for the **American Red Cross**. On Wednesday, May 22nd, they donated an impressive total of 17 units of blood in the drive named in honor of **Roger May**, deceased FCBDD staff member. All donors received an admission coupon for the **Columbus Zoo and Aquarium**. Special thanks to staff members **Jeff Baird** and **Mary Martin** for their work in coordinating the drive.



The classic mystery game, **Clue**, provided inspiration for the retirement get-together of Printing and Graphics Coordinator **Mike Davis** on April 25th. The conference room at Administration was transformed into a **Clue** board game with staff playing these roles: **Mr Green, Larry Macintosh** (substitute for **Tim Sparks**); **Colonel Mustard, Kurt Smith**; **Mrs. Peacock, Connie Willis**; **Professor Plum, Angela Ray**; **Miss Scarlet, Barb Michael-Jones**; **Mrs. White, Patty McCune**. **Anna Oscard** coordinated the event.



Career Milestones

40 years
Sally Harrington

30 years
David O'Neil

25 years
Teresa Johnson
Randall Large
Ricky Loomis
Wendy Mandel
Peter Marshall

20 years
Michael Christen
Tacey Reed

15 years
Jennifer Johansson
Stephen Middlebrook
William Scarberry

10 years
Lynn Banks
Sara Faudree
Joann Howard
Maurice Mitchell
Christopher Noon
Alan Rafiqq
Jessica Taylor
Timothy Whiting

5 years
Tobias Houpe
Michael Javens
Elizabeth Kunz
Amy Lybarger
Toni Paris
Matt Walter
Tauhir Wise



Retiree Mike Davis receives honor from Superintendent Jed Morison.

The green spot

by Logan Burnside - ARC Industries, Janitorial

The Janitorial Division of ARC Industries has seen many of its customers adopt a "Going Green" philosophy. Foaming soaps and coreless toilet paper are at the head of the pack when it comes to reducing costs, waste, and supply issues.

When you compare liquid soap to foaming soap, you are receiving about the same amount of soap in each pump. But foaming soap allows for use of a smaller amount of the product in a more effective manner. In terms of bacteria reduction and skin irritation, foaming soap consistently showed better results for employees, regardless of work location.

Coreless toilet paper reduces waste by 95 percent compared to standard tissue simply by removing the inner core. There are multiple benefits to coreless toilet paper: less storage space needed, less maintenance on refilling, and less money spent on refills. Coreless toilet paper can hold up to twice the amount of regular rolls.

As we work with our customers, we will continue to explore green technology and sustainable products that are good for our customers and our community.

Calendar

June, 2013

- 11 Franklin County Residential Services Board of Trustees meeting, 1021 Checkrein Ave., 11 a.m.
- 13 FCBDD Self-Advocate Advisory Council, 2879 Johnstown Rd., 10 a.m.
- 14 Flag Day
- 16 Father's Day
- 17 ARC Industries Board of Trustees meeting, Fawcett Center, 11:30 a.m.
- 19 Family Support meeting, 2879 Johnstown Rd., 9:30 a.m. Meeting is open to all family members.
- 20 School-age Summer Center begins, West Central school.
- 25 ECE Summer Center begins, 2879 Johnstown Rd.
- 27 FCBDD Finance and Human Resources Committee meetings, 2879 Johnstown Rd., 4 p.m.
- 27 FCBDD Board meeting, 2879 Johnstown Rd., 5 p.m.
- 28-30 Ohio Special Olympics, the Ohio State University. Please call Andrea Stonebraker at 342-5989 for details.

Dateline

The Franklin County Board of Developmental Disabilities

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Renée Stein, Vice-President
Linda Craig, Secretary
John Bickley
Marie Crawford
Helen Ninos
Beth Savage

Superintendent / C.E.O. **Jed W. Morison**

The Franklin County Board of Developmental Disabilities does not discriminate in employment or services on the basis of race, color, creed, sex, national origin, or disability.

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www.fcbdd.org

July, 2013

- 4 Independence Day - all county facilities closed.
- 17 Family Support meeting, 2879 Johnstown Rd., 9:30 a.m. Meeting is open to all family members.
- 22 ARC Industries Board of Trustees meeting, Fawcett Center, 11:30 a.m.
- 25 FCBDD Finance and Human Resources Committees meeting, 2879 Johnstown Rd., 4 p.m.
- 25 FCBDD Board meeting, 2879 Johnstown Rd., 5 p.m.
- 26 School-age Summer Center programs end.

ADA booklet available

The ADA National Network is making available an informative booklet, "*The Americans with Disabilities Act Questions and Answers*." The booklet is designed to provide answers to some of the most often asked questions about the ADA. It is available on-line in HTML format with an option to download or print a PDF version at www.adata.org.