

# Dateline

July/August 2006

Published by the Franklin County Board of Mental Retardation and Developmental Disabilities

## 5-year accreditation awarded

FCBMRDD has been accredited by the State of Ohio for 5 years effective May 1st. An accreditation certificate was issued by the Ohio Department of MRDD on June 23rd following completion of its review of board operations.

A team of Department surveyors visited FCBMRDD in January as part of the review process. Areas examined include services and supports to consumers, personnel administration, and overall efficiency and effectiveness.

"We deeply appreciate this recognition of the quality of services in Franklin County," said FCBMRDD Superintendent Jed Morison. He commended staff members for "many long hours and great teamwork" in assisting the surveyors.

The 5-year accreditation period, which is the longest offered by the state, will run to April 30, 2011.



## Skills centers mark anniversary



In 1986, FCBMRDD expanded its day service offerings to address the changing needs of adult consumers. The living skills program was established to provide needed services for adults with profound disabilities. Last

month, the Bixby and Hague Living Skills Centers celebrated the 20th anniversary of these services by holding open houses.

Attendees of the open house at Hague were shown the new Ocean

Sensory Room. In addition, they participated in a range of activities including fun with bubbles and a switch-activated Yahtzee tournament.

Visitors to Bixby toured the art room, the activity/ music room, and a sensory-calming room. They also enjoyed a tram ride at an adjacent park courtesy of the staff of Three Creeks Park.

At both sites, staff members, consumers, and friends had fun viewing photos, watching slide shows and recalling pleasant memories of the past 20 years.

Commenting on the occasion, Darrel Rutherford, ARC Industries Chief Executive, said, "Our challenge over the next 20 years will be to retain and build on our tradition of outstanding services."

# Board commends 3 staff

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At its regular meeting on May 25th, the Franklin County Board of MRDD saluted 3 staff members from the Department of Employment Services for their work with the Rhodes Office Tower janitorial project.

Department Director John Mitchem, Operations Manager Gwen Martin and Site Supervisor Joe Workman were recognized for successfully securing and overseeing the contract

that involves cleaning the county's tallest building.

"Sometimes people stand out for their contribution to the people whom we serve," said Superintendent Jed Morison. "That is certainly true in this case."

ARC Industries entered into a contract with the Ohio Building Authority in March to clean the 41-story build-

ing, which is located at 30 East Broad Street. So far, the results have been positive.

"We are very pleased with the work of ARC Industries and have received excellent feedback," said Mark Gibson, Director of the Ohio Building Authority.

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## Step up to nutrition ... health

*Water: the forgotten nutrient* \_\_\_\_\_ *by Bernie Thurn* \_\_\_\_\_

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Do these hot days leave you parched like a lizard in the desert? Do you feel tired? Have a headache? Constipated? Itchy skin? You may be dehydrated!

Our bodies are made up of 50 to 60 percent water by weight. It is what cools us down and lubricates our joints. Water transports nutrients, oxygen, and wastes. When we are dehydrated, our blood thickens, making the heart work harder and slowing all the body's systems down.

The amount of fluids needed daily differs by factors as body size, age, health, and activity level. A typical adult, someone who is not an athlete, needs between 8-12 cups of fluids per day. We also get fluids from the foods we eat, with fruits and vegetables giving us the most.

Thirst alone is not a good indicator of your body's need for water. This is especially true for the very young and older folks. It is best to spread fluid intake throughout the day. By the time we know that we are thirsty, it is already too late.

Water, a calorie-free and inexpensive beverage, is best to meet fluid needs. Caffeinated beverages, includ-

ing coffee, tea, many sodas and energy drinks, act as a diuretic. They provide fluid, but also speed up the loss. Regular sodas and fruit juices are high in sugar. These do not replace fluids as well as water because the sugars slow the absorption rate. Sports drinks, which contain some sugar and electrolytes, are fine if you are exercising for 60 minutes or longer. Less than that and good old cool water is best.

Perhaps you or your kids won't drink water. Here are some tips to add this powerful beverage to your new, healthy lifestyle. Again, the challenge is to commit to trying at least one of these tips for the month.

Drink a glass of water as soon as you get up in the morning.

Every morning, fill a 64-ounce container with water. When you drink all of it, you have met your needs for the day.

Add slices of lemons, limes or oranges to water for a hint of flavor.

Carry a water bottle with you to work, to school or on errands. Sip on it throughout the day. Offer your child a drink every time you take one.

Make it a habit to drink water with meals and snacks. You can be a role model for others in the family. Kids often like to have ice added or drink it from a funny straw.

Select water from a vending machine over soda. Try one of the many flavored waters that are available to meet most anyone's taste.

Drink water before, every 15 minutes during, and after physical activity.

Which did you choose to do this month?

*(Note: The author is a registered dietician.)*

# Flu concern prompts meetings

Concern about the potential for an outbreak of bird flu in central Ohio has prompted officials to meet and attempt to develop emergency plans.

Meetings have included representatives of various county and local agencies, hospitals, police and fire departments and school districts. Leading the efforts have been the Franklin County Emergency Management Agency, the Franklin County

Board of Health and the Columbus Health Department.

Frank New, FCBMRDD's Director of Planning, has attended the meetings. "It is important to be prepared, even though we hope we will never really need to be," he said.

According to the World Health Organization, 225 people, mostly in Asia, have been infected with bird flu (offi-

cially the H5N1 influenza), causing 128 deaths. While the flu is easily transmitted among birds, it is not so with humans. However, officials fear that the virus will mutate and become contagious to people.

For more information, please visit the web site of the Columbus Health Department at [www.publichealth.columbus.gov](http://www.publichealth.columbus.gov).

# Data security to be examined

Reports in the news media regarding data security breaches and resultant identity theft occurring at both public and private organizations recently have brought the issue of personal information security to the forefront at FCBMRDD.

Agency staff will be looking at current data security practices to determine if sufficient safeguards are in place.

Chief Financial Officer Dot Yeager is appointing a task force to study the issue. She expects the review process to take several months.

"Our aim is to ensure that all reasonable measures to protect sensitive information are taken," she said.

Tom Bilodeau, Director of Information Services, will head the task force.

# Art work wanted for PAR

PAR is seeking to showcase art created by persons with developmental disabilities at its 38th annual convention, which will be held October 4-6th at the Radisson Hotel, 7007 North High Street, Worthington.

Topics to be discussed at the convention include sexual offenders, domestic violence, guardianship, behavior support, Alzheimer's and Down Syndrome.

Robert Perske, author of several books on the criminal justice system, will be the keynote speaker.

For more information, please call (419) 522-6207 or visit [www.par-ohio.org](http://www.par-ohio.org).

# Ready in 3

Emergencies can happen. They can take the form of a tornado, flood, fire or flu outbreak. No one wants to think about emergencies, but taking steps to prepare for them can help protect one's family, friends and neighbors.

The Columbus Health Department is offering a guide to preparation for emergencies. Titled, *Ready in 3: Three Steps to Prepare for an Emergency*, the pamphlet suggests 3 steps: the creation of a plan, preparing an emergency kit, and listening for information about what to do.

To obtain the guide, call the Columbus Health Department at 645-7089 or visit [www.publichealth.columbus.gov](http://www.publichealth.columbus.gov).

# Pedal-with-Pete set for Aug. 19

Please join in the fun by attending the "Pedal-with-Pete" bike ride on Saturday, August 19th beginning at 9:00 a.m., at Hilliard Heritage Middle School, 5670 Scioto Darby Road.

The event, which is expected to include several hundred bicyclists, will raise funds for research on cerebral palsy. Door prizes, raffles, food and activities for children will help make it a special day for all participants.

For further details, please call 436-0482 or visit [www.pedal-with-pete.org](http://www.pedal-with-pete.org).

# Special Olympics national games

The national Special Olympic games were held in Ames, Iowa from July 1st through the 8th. FCBMRDD sent a group of 9 athletes.

A very special thanks go to the members of the American Legion Southway Post for sponsoring all 9 athletes.

All photos taken by Dee Hively.



*Athlete Eddie Robinson gets off the plane in Iowa. Eddie won 3 gold medals, 1 silver medal, and 2 bronze medals in gymnastics.*



*Walking past the honor guard of the Knights of Columbus is Kevin Roddy and his teammates. Kevin is wearing his 4th place ribbon during these opening ceremonies of the national games.*



*Victoria Harris, Darlene Farley, volleyball coach Chris Guzzo, Cindy Grubbs, and Donnice Ross on their way to opening ceremonies.*



*The traditional lighting of the torch during opening ceremonies. Let the games begin!*



*The women's basketball team captured a silver medal.*



*Vernon Clark, coach Chris Guzzo, Craig Doles, and Kevin Roddy are newly arrived at the Ames airport. Their volleyball team placed 4th.*

## Smith Barney golf outing for Special Olympics



*The Smith Barney award.*



*Athlete Kevin Cummings poses with the foursome from Creative Housing, Inc.*



*Athlete David Sutton on the putting green.*



*Lisa Dellerba, Andrea Stonebraker from FCBMRDD's Special Olympics office, David Sutton, and Kevin Cummings enjoyed dinner with the golfers at Little Turtle.*

# Garage sale a success

When it comes to laying groundwork for FCBMRDD's next levy campaign, there's no time like the present, according to some agency staff.

Staff of the Early Childhood Education and Family Center and the Early Childhood Learning Community hosted a garage sale on June 3rd to raise funds for the Citizens Committee for Persons with Mental Retardation. The committee will use the funds to help cover the costs of future levy campaigns.



Stationed around the checkout booth at the garage sale are, from left: Noe Farfan, Susan Schraff, Connie Willis, and Linda Dudley.



Holding garage sale items are, from left: Nancy Rossel, Susan Gibson, Julie Sanford, and Bev Ryan.

The sale, which was held at 4141 Rudy Road, raised over \$500.

Superintendent Jed Morison praised the staff's efforts. "They did a terrific job, working from late Friday through late Saturday," he said.

FCBMRDD is expected to have a replacement levy on the ballot in either 2007 or 2008.

## Did you know? \_\_\_\_\_

The membership of the American Association on Mental Retardation (AAMR) has voted to change the name of the organization to the American Association on Intellectual and Developmental Disabilities. For more information, please visit [www.amr.org](http://www.amr.org).

## Fun day slated \_\_\_\_\_

The Frankie Turek Foundation and the Down Syndrome Association of Central Ohio are co-sponsoring "Fun Day with Frankie's Friends and DSACO" on Saturday afternoon, August 26th.

The event will be held from 1 to 6 p.m. at 7726 Dutch Lane, Johnstown, and will include horseback riding, arts and crafts, a giant slide and bounce house.

For further information, please call Stephanie Turek at (740) 966-5572.

## Weekend camp for Prader-Willi Syndrome

Prader-Willi Syndrome Association of Ohio is sponsoring a weekend camp for children and adults with the syndrome at Recreation Unlimited in Delaware County. The camp begins at 7 p.m. on Friday, October 13th and ends at 1:30 p.m. on Sunday, October 15th. Registrations are now being taken.

For information, please contact Sandy Giusti at 876-1732 or [juicete@aol.com](mailto:juicete@aol.com).

# Good For You

## Notable Achievements in the FCBMR/DD Community

The following staff members have been awarded John J. Siebold scholarships by ARC Industries: **James Blakeslee, Krystal Brown, Jane Massquoi, Dianna Morton, William Ryan** and **Melissa Zech**. Each recipient will get \$1,500 for the 2006-2007 school year.

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**Mary Beth Ray**, daughter of FCBMRDD Psychologist **Angela Ray**, was selected valedictorian and winner of the Cary Cup at Columbus Academy. Mary Beth will be attending Case Western Reserve University on a Trustees scholarship. **Zane Beatty**, son of Service Coordination Director **Jack Beatty**, will also attend Case Western next year on a Presidential scholarship.

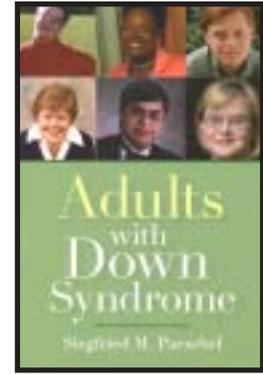
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**Grace Fair** of Bixby Living Skills Center coordinated the center's annual fashion show on May 31st. The well-received show featured displays of dressy and casual clothes as well as sportswear and beachwear.

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ARC Industries janitorial employee **Butch Kalb** noticed the odor of gas while sweeping out an alley off High Street on the evening of May 22nd. He promptly reported the problem, which led to the Fire Department's discovery of a faulty shut-off valve, thus averting a more serious problem.

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**Jennifer Cunningham**, Office Aide at Administration, is featured in Siegfried Pueschel's new book, *Adults with Down Syndrome*. Jennifer discusses life experiences in Chapter 4 of the book

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ARC South Director **Kurt Smith** is proud that the staff there includes some "big losers". Twelve staff took part in a weight-loss contest that ended June 30th and resulted in a combined loss of 181 pounds.

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## Career Milestones

### 25 years

**Marcia Backus**

### 20 years

**Gary Andrus**  
**Beverly Crump**  
**Carolyn Dailey**  
**Mary Flynn**  
**Jacqueline Hereford**  
**Roger May**  
**Ann O'Leary**  
**Patrice Palmer**  
**Robert Reardon**  
**Kathleen Rudolph**  
**Charles Skeen**  
**Jacqueline Sver**

### 15 years

**Patricia Bean**  
**Trena Brown**  
**Deanna Bukovec**  
**James Carsby**  
**Dionne Cox**  
**Ronda Gilliam**  
**Belinda Grace**  
**Granville Green**  
**Malinda McKinley**  
**Stephen Madaffari**  
**Tyra Meyer**  
**Debra Pierce**  
**Michelle Robinson**  
**Gregory Smith**  
**Edward Sullivan**

### 10 years

**Rhonda Amburgey**  
**Sree Aswath**  
**Kim Bennett**  
**Kathy Bernon**  
**Dee Finnell**  
**Jeri Jude**  
**Anne Russell**  
**Deborah Schafer**  
**Jennifer Sunderland**  
**Sheila Toth**

### 5 years

**Wendy Abel**  
**Tracy Benjamin**  
**Shannon Christopher**  
**Laura Demaria**  
**Paula Dick**  
**Osman Dumbuya**  
**Sherri Foster**  
**Sarah Gillilan**  
**Rebecca Hearn**  
**John James**  
**Freda Kendrick**  
**Samuel Lamboi**  
**Terrie Little**  
**Patricia Lyday**  
**Mary Martin**  
**Kristin McLaughlin**  
**Cathy Miller**  
**Carol Owens**  
**Sabrina Redd**  
**Lori Robinette**  
**Michaela Rodgers**  
**Gretchen Shevelow**  
**Nancy Stewart**  
**Davina Wilcox**  
**Kenneth Yusko**

# Ami Klin to keynote conference

The Children's Institute for Pediatric Education of Children's Hospital will host the 2006 Columbus Children's Autism Conference on October 25 and 26th.

The conference, titled "Understanding and Educating Children with Asperger Syndrome", will present a wide range of information and strategies for students with Asperger Syndrome.

The keynote speaker will be Dr. Ami Klin of Harvard University, a renowned expert in the field.

The location will be the Conference Center at NorthPointe in Lewis Center.

For more details, please call 722-4939 or visit [www.columbuschildrens.com](http://www.columbuschildrens.com).

## Dateline

The Franklin County Board of Mental Retardation and Developmental Disabilities

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**www.fc b m r d d . o r g**



*From left are: Mike Doran, Jean George, Mary Anne Austen, Dolores Cherry and Clarice Pavlick. This is the third time that ARC industries East has won the trophy.*

## Calendar

### July, 2006

- 19** Parent League meeting, 2879 Johnstown Rd., 9:30 a.m.
- 19** FCBMRDD Human Resources Committee meeting, 2879 Johnstown Rd., 4:30 p.m.
- 24** ARC Industries Board of Trustees meeting, Holiday Inn On-the-Lane, 11:30 a.m.
- 27** FCBMRDD Finance Committee meeting, 2879 Johnstown Rd., 3 p.m.
- 27** FCBMRDD Board meeting, 2879 Johnstown Rd., 5 p.m.

### August, 2006

- 8** Franklin County Residential Services Board of Trustees meeting, 1021 Checkrein Ave., 11 a.m.
- 11** Staff Development Day, all adult facilities closed.
- 28** ARC Industries Board of Trustees meeting, Holiday Inn On-the-Lane, 11:30 a.m.

## "Quotable Quote"

"The increase in the life span and in the number of our senior citizens presents this nation with increased opportunities: the opportunity to draw upon their skill and sagacity - and the opportunity to provide the respect and recognition they have earned."

— John F. Kennedy