

Martin case settlement near

A proposed agreement to settle the long-standing *Martin v. Taft* class action lawsuit was filed in U.S. District Court for the Southern District of Ohio on November 28th.

The agreement, which is subject to approval in the state's next biennial bud-

get, would provide funding for 1,500 Individual Options waivers. The agreement would not require closure of any public or private facilities.

The case was filed by Ohio Legal Rights Service in 1989 with the aim of expand-

ing community residential options for persons with disabilities.

The court will consider comments and objections regarding the proposed agreement on March 5th

Agency continued progress in 2006

In a meeting with senior managers on December 12th, Superintendent Jed Morison described FCBMRDD's progress during 2006 as "very impressive."

"When I look back at our agency's accomplishments this past year," he said, "I begin to realize just how much our staff has done to better the lives of the people we serve."

He cited several key achievements during the year, including:

- n Continued provision of much-needed services to over 13,000 children and adults with disabilities, and their families.
- n Maintained working partnerships with other agencies and providers.
- n Managed all operations within approved budget, thereby assuring financial stability.
- n Earned longest possible (5 years) accreditation from State of Ohio.
- n Achieved notable improvement in results on state's alternate assessment proficiency tests.
- n Dedicated new outdoor learning environment at ECEFC and completed first phase at ECLC.
- n Acquired janitorial contract at Rhodes Tower.
- n Improved technological capabilities, including information management, communication, web site, and software.
- n Provided leadership on a statewide basis by develop-

ment of the 20/20 cost projection tool for waiver reimbursement.

Superintendent Morison commended the staff, volunteers, providers, advocates, parents and other family members for "coming forward to help our consumers achieve their goals." He noted that continued collaborative efforts among all parties will be necessary to assure future success.

Tell us how we're doing

Do you have an opinion about how to improve FCBMRDD services? Do you want to express your feelings, pro or con, about agency programs? If so, you should complete the Community Survey and Needs Assessment that is enclosed with this issue of *Dateline*.

"The survey is an excellent tool for gaining insights from individuals served, parents, staff members, providers and others concerned about our agency's services," said Superintendent Jed Morison.

Anyone needing additional survey forms may contact Linda Rockwell at 342-5950.

Someone I know, admire, and why

by John Nungesser

Most people are going to write about their mom or dad being the person they admire the most. But I am not. I could write about how my dad was always there when I needed help, or how my mom always comforted me when I was sad. But I am not. The reason is not that my parents are not people I admire. I hold them in the highest regard — they have had to deal with me for crying out loud! The reason I am writing about someone other than my parents is that I admire someone else, just as much, but in a different way. I think the person I am writing about is the kind of person who should be recognized more, and this essay tells why.

Jeff Smitherman does things like any other 46 year-old man, but he is different. He goes out to dinner, attends church, and goes to “see” movies. The reason he is different is that he has cerebral palsy.

Cerebral palsy is a condition caused by injury to the parts of the brain that control our ability to use our muscles and bodies. Cerebral means having to do with the brain, and palsy means weak-

ness or problems with using the muscles. Jeff has a moderate case of cerebral palsy, so he does not have much control of his right side muscles. He says this is the hardest part of having cerebral palsy.

You would not expect him to say that, because in 1977, his sophomore year at high school, he went blind. His sight had been getting worse and worse since he was an infant. When he went to school, he wore thick glasses, and his desk was at the front of the room so he could see the teacher more clearly.

Whether he knows it or not, Jeff plays an important role in my life. Even though he has cerebral palsy, he is almost never sad or angry. He is not angry with God, and he is generally a happy person. He acts more like a kid than an adult, not in an immature fashion, but in a jocular way. He is hilarious, always entertaining, and never caught without a good comeback.

When I am upset and think my life is horrible and “too hard”, I always look at Jeff and see how happy he is. Even

though he has a terrible condition, he lives through it. I asked him how he deals with his cerebral palsy, how he does not stay angry with his condition or with God, and he said, “There is something better coming in my life.”

If everyone in the world thought like Jeff, the earth would be a paradise. No one would complain about how bad life is, there would be no suicides, and everyone would be happy. I wish I could think like him all the time. Whenever I would feel bad for myself, I would realize how unimportant my little complaint is, and realize there is always something bigger and better coming in my life.

People like Jeff should be recognized more, I think, because they set such a good example for those of us who have no major problems. That is why I admire Jeff Smitherman.

(Note: The author, a freshman at Metro High School, composed this essay for English class. It is reprinted here with permission.. Jeff Smitherman is employed at Uniworks.)

Bowling fun set for Jan. 20

The second annual “For the Fun of It” bowling event will be held at Columbus Square Bowling Palace at Rte. 161 and Cleveland Avenue on Saturday, January 20th. The event will run from 11:30 a.m. to 3:30 p.m.

Agency staff members, divided into teams of four, will square off in a friendly, fun-oriented tournament.

Trophies will be awarded, but the main object is to have fun. Proceeds will benefit FCBMRDD’s Special Olympics program.

Last year, sixty-four teams participated in the event.

For more information, please call Jack Brownley, Director of Schools, at 342-5960.



Please donate blood Jan. 22/23

Do you know how needed you are? Area hospitals and patients are waiting for donated blood. To help meet the need, please come to the American Red Cross Blood Drive to be held at 2879 Johnstown Road on January 22nd.

“The blood drive affords us the opportunity to help ensure that our area has a safe and adequate blood supply,” said Superintendent Jed Morison. “I urge everyone to consider making a donation.”

The donation center will be located in conference rooms B, C, and D. For further details, please call Carl Scott at 342-5974 or Mary Martin at 342-5801.

An additional site at ARC Industries North, 6633 Doubletree Ave., will be available on Tuesday January 3rd. Please contact Sharon at 342-5401 or Marianne at 34-5400 for an appointment at that location.

Flyers to preview at Bixby LSC

Franklin County Flyers basketball teams will participate in the 2007 Flyer Preview to be held at Bixby Living Skills Center, 2400 Bixby Road, on Saturday, January 27th.

Starting times for games will be 9 a.m., 10:45 a.m., 12:30 p.m., 2:15 p.m. and 4 p.m. Fans are invited to attend any or all games. Admission is free.

“This will be a great opportunity for our teams to showcase their talents, as well as have some fun,” said Dee Hively, Director of Franklin County Special Olympics. There are four men’s teams and one women’s team this year. It is your chance to see the 62 team members in action. There will be a concession stand open to the public.

For more details, please call Dee at 342-5984.



The Flyers 2 team huddles during their winning game against “On My Own”. Photo by Mike Hively.



Tomnica Lowery stretches her arms guarding against “On My Own”.



Flyers 4 coaches Mandy Wilkens, Jim Jenkins and Meg Griffing develop strategies before defending their State title.

DAY	DATE	TEAM	TIME	OPPONENT	LOCATION	HOME/AWAY
Thurs	1/4	3	6:30 PM	West Licking	Pataskala Elem School	A
Mon	1/8	2	6:00 PM	On My Own	Bixby	H
Mon	1/8	3	7:30 PM	Delaware	Bixby	H
Tues	1/9	5	7:00 PM	Cols. Black	West Central	H
Thurs	1/11	4	7:00 PM	Delaware	Bixby	H
Thurs	1/18	1	7:00 PM	Cols. A Green	Dominion MS	A
Tues	1/23	5	7:00 PM	West Licking	West Central	H
Thurs	1/25	2	7:00 PM	Clark County	FF Mueller Center, Springfield	A
Thurs	1/25	4	7:00 PM	On My Own	Bixby	H
Sat	1/27	1	9:00 AM	Northwest	Bixby - Flyer Preview	H
Sat	1/27	4	10:45 AM	Northwest	Bixby - Flyer Preview	H
Sat	1/27	2	12:30 PM	Coshocton	Bixby - Flyer Preview	H
Sat	1/27	5	2:15 PM	Coshocton	Bixby - Flyer Preview	H
Sat	1/27	3	4:00 PM	Upper Arlington	Bixby - Flyer Preview	H
Mon	1/29	2	6:00 PM	Fairfield Cty	Bixby	H
Tues	1/30	3	7:00 PM	Cols. White	Eastmoor Middle School	A
Tues	1/30	1	7:00 PM	Richland	Bixby	H
Thurs	2/1	2	7:00 AM	Pickaway	Brook Yates School, Circleville	A
Mon	2/5	3	7:30 PM	Cols. White	Bixby	H
Tues	2/6	5	7:00 PM	Cols. Black	West Central	H
Thurs	2/8	4	7:00 PM	Cols. Gray	Bixby	H
Fri	2/9	5	7:00 PM	Coshocton	There	A
Fri	2/9	1	8:30 PM	Coshocton	There	A
Mon	2/12	2	6:00 PM	Clark County	Bixby	H
Mon	2/12	3	7:30 PM	Madison	Bixby	H
Tues	2/13	5	7:00 PM	Upper Arlington	Bixby	H
Tues	2/13	1	7:00 PM	Cols. A Green	Bixby	H
Tues	2/13	2	7:00 PM	Cols. White	Eastmoor Middle School	A
Wed	2/14	4	7:00 PM	Northwest	Dublin Karrer Middle School	A
Thurs	2/22	2	7:00 PM	Fairfield Cty	Forest Rose School, Lancaster	A
Tues	2/27	1	7:00 PM	Muskingum	Bixby	H
Sat/Sun	2/24 & 25	all	*TBA	Area Six Tourney	Eastmoor Academy	
Sat/Sun	3/3&4	all	*TBA	East Sect Tourney	Northland High School	
Fri-Sun	3/24	all	*TBA	State Tourney	Columbus, TBD	

*contingent on advancing

Step up to nutrition ... health

Portion Distortion *by Bernie Thurn*

You are eating healthier. You have cut out junk food and sugary drinks. So why are you still not losing weight? Let's take a serious look at portion sizes.

For the last 20-30 years, the amount of food eaten at one sitting has grown so large that people no longer know what is reasonable. Look at the portions being served at the typical restaurant. We now get confused about what a serving size is as compared to a portion.

Quite simply, serving sizes are based upon guidelines, such as the ones from the USDA for the Food Pyramid (www.mypyramid.gov) or by the FDA for food labels. Serving sizes are a way of counting on a specific number of calories and other nutrients being in a food. Portions, on the other hand, are how much we have on our plate or how big an item is. Portions are what often determine how much we end up eating.

Twenty years ago, a typical bagel was 3 inches in diameter and provided 2 grain servings for a total of 140 calories. Today's bagels are 6 inches, provide 4 servings and 350 calories. And that is before the cream cheese. The average portion of French fries has grown from 2.4 ounces and 210 calories to 6.9 ounces and 610 calories.

Did you know that it only takes an extra 100 calories per day to gain 10 pounds in a year? It has been found that an average man today eats 168 calories more than he did 20 years ago. For a woman, it jumps to 300 calories more a day. This adds up to a big increase

in weight and may account for the growing issues of obesity.

Instead of "supersizing", let's think about "smart sizing" the portions that we eat. Measuring is best. Look at food labels on food packages as a guide for the number and size of servings. The chart below also gives a way to help visualize correct serving sizes.

With the goal of getting control of the portions you eat, select at least one of the following ideas to add to your healthy habits for the next month.

Think small. Get a smaller plate. Purchase kid-sized meals. Don't "super-size". Eat portions of foods that are no larger than the size of a small fist.

Individualize. Single portion packages make it easier to control intake than the large bags. Limit TV munching to single servings.

Split entrees with a friend when dining out. Or ask for that "doggie bag"

before you take the first bite and put half of your meal away right then.

Serve meals from the stove rather than from the table. Place appropriate sized portions on the plates and don't go back for seconds.

Read labels. If a package indicates that there are 4 servings in it, divide it out.

Eat slower to allow your body to feel full. It takes about 20 minutes from the time you start eating until your stomach tells your brain that you ate. Trick it by taking longer.

Create an after meal ritual that becomes your cue to stop eating. Brushing your teeth or chewing gum can help keep you from "cleaning up" those leftovers.

Which will you choose this month?

(Note: The author is a registered dietitian.)

Food	Serving Size	About the Size of
Meats, poultry, fish	2-3 ounces	Deck of cards
Cheese, hard	1 1/2 ounces	C battery or a thumb
Rice, pasta, potatoes	1/2 cup	Small computer mouse
Cooked vegetables	1/2 cup	Small fist
Canned fruits	1/2 cup	Billiard Ball
Salad greens	1 cup	Baseball
Pancake	4 inch	Compact disk
Bagel	1/2	tuna can
Cereal	1 cup	Adult sized fist
Margarine or butter	1 teaspoon	Scrabble tile
Ice cream & frozen yogurt	1/2 cup	Half of a baseball

Did you know ?

According to the American Red Cross, every 2 seconds, someone in the U.S. needs blood. A single trauma victim can use 100 units of blood components in only a few hours. 97% of Americans will

receive a blood transfusion during their lifetimes. 25% of blood products are used to treat cancer patients. The Red Cross collects blood only from voluntary donors.



Good For You

Notable Achievements in the FCBMR/DD Community

Career Milestones

Congratulations are in order for **Michaela Rodgers**, Administration staff member. She has earned a Bachelor of Science degree in Business Management from the University of Phoenix.

Creative Housing Chief Executive **Pat Rafter** reports that the organization now provides housing to individuals with disabilities in over 600 locations. The figure includes company-owned properties as well as subsidized rental units in buildings owned by others.

ARC 14 celebrated its 50th anniversary at the home of **Sally Buchsieb** on October 8th. A support group for parents, the group has engaged in many fundraising activities over the years, and is seeking new members. To learn more, please call Barb Williamson at 451-2957.

ARC Industries Sales Director **Katie Motsinger** was one of over 200 volunteers who helped produce the 2006 Gahanna Holiday Lights Parade and Festival.

Attorney **Mike Kirkman**, formerly Legal Director of the **Ohio Legal Rights Service**, has been named Director of that organization.



Front row: *Jessie Reissig, Bobbie Richardson, Bonnie Schneider, Barb Williamson, Emilie Miller, Ruth Penzone, Mary Ann Gossett Mullen, Jean Piersol and Barbara Bresock.*

Back row: *Roberta Lehman, Tarita Noble, Marijo Bayer, Kay Theado, Jan Schmidt, Jet Amtsberg, Sally Buchsieb, Kathy Piper, Sue Sinclair and Jo-Ann Nichols.*

30 years

**John Smith
Sheila Sparks**

25 years

Candace Gallion

20 years

**Laura Billingham
Deborah Lawson**

15 years

**Bennie Hill
Evelyn Jackson
Annick Parker**

10 years

**Margaret Daykin
Jessica Seibold
Janice Tartell**

5 years

**Barbara Hughes
Mohamed Kamara
Eric Kinney
Patrick Selbe**

Club provides job aid

Will individuals served by FCBMRDD's job placement staff continue their success in finding and retaining employment in 2007? If so, the positive results might be partly due to a program begun last year — Job Club.

Job Club offers weekly training in communication, working with others, and

following work rules. The sessions include interactive activities such as practice interviews, completing applications and group problem-solving.

Of those participating in Job Club who found employment last year, 98% are still employed.

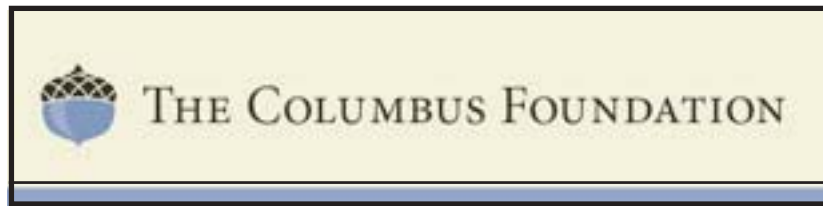
Sessions are planned on anger management and prevention of sexual harassment.

Job placement staff who have been instrumental in the success of Job Club include Pam Panning, Graham Webb, John Johnson, Michael Japack and Patricia Batdorf.

Columbus Foundation awards grant

The Columbus Foundation has awarded a \$25,000 grant to Creative Housing for the development of an Interactive Accessibility Design System (IADS). The computer software program would portray on a large screen proposed accessibility modifications to a property. The system would allow for a 3-dimensional "drive through" so an individual using a wheelchair could get a realistic concept of proposed renovations.

"We expect this system will more fully capture customer recommendations before construction and reduce the need for post-construction changes," said Creative's Chief Executive Officer Pat Rafter.



Calendar

January, 2007

- 1 New Year's Day - all county facilities closed.
- 2 Schools and adult facilities resume.
- 8 Ohio State Buckeyes vs. Florida Gators in National Championship Game, Glendale, Arizona, 8 p.m. GO BUCKS!
- 9 Franklin County Residential Services Board of Trustees meeting, 1021 Checkrein Ave., 11 a.m.
- 15 Martin Luther King, Jr. Day – all county facilities closed.
- 17 Parent League meeting, 2879 Johnstown Rd., 9:30 a.m.
- 17 FCBMRDD Human Resources Committee meeting, 2879 Johnstown Rd., 4:30 p.m.
- 20 "For the Fun of It" bowling tournament, Columbus Square Bowling Palace, Rte. 161 and Cleveland Ave., 11:30 a.m. - 3:30 p.m.
- 22 ARC Industries Board of Trustees meeting, Holiday Inn On-the-Lane, 11:30 a.m.
- 25 FCBMRDD Finance Committee meeting, 2879 Johnstown Rd., 4 p.m.
- 25 FCBMRDD Board meeting, 2879 Johnstown Rd., 5 p.m.

Dateline

The Franklin County Board of Mental Retardation and Developmental Disabilities

Dr. Raymond A. Horn
Mildred Blumenfeld
Bruce Burns
Paul S. Coppel
Ben W. Hale, Jr.
Helen Ninos
Jerry Saunders

Superintendent Jed W. Morison

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

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Jennifer Cunningham		

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"Quotable Quote"

"A sense of humor is part of the art of leadership, of getting along with people, of getting things done."

— *Dwight D. Eisenhower*

"The overwhelming majority of Americans are possessed of two great qualities — a sense of humor and a sense of proportion."

— *Franklin D. Roosevelt*

Information about FCBMRDD is always available on the internet at:

www.fcbrdd.org