

## FCBDD purchasing propane-fueled bus

Taking another step toward a greener transportation system, FCBDD is purchasing its first propane-fueled bus. Delivery of the 72-passenger vehicle is expected in May.

FCBDD received a grant from the U.S. Department of Energy toward the purchase.



The bus will be "tried on a variety of routes" according to Transportation Director Paul Chenderlin.

"We want to see how well a propane bus will work for us," he said.

Propane results in fewer tailpipe emissions than diesel fuel, and is cheaper. Also, it is expected to require less maintenance because propane buses lack exhaust cleaning systems.

The bus is a Bluebird Vision model. Although it will be the same yellow color and have the same markings as other agency buses, it will be easy to spot. The propane bus will have a conventional truck-type front, while the other large buses in the fleet have a flat transit-type front.

## 2010 was a success, Superintendent says

"It was a very successful and rewarding year," said FCBDD Superintendent Jed Morison as he cast a look back over 2010. During a meeting with senior management staff on December 14th, he reviewed the agency's accomplishments.

He noted that FCBDD provided much-needed services to over 16,000 persons and their families during the year, and did so within its approved budget, thereby assuring continued stability.

- He cited several highlights of progress made, including:
- Earned 3-year accreditation from CARF, which is the longest possible outcome.
- Recognized the importance of receiving input from persons served

by creating the Self-Advocate Advisory Council composed solely of persons with disabilities.

- Held the agency's first self-advocacy conference, with 75 attending.
- Received recognition in the transportation area for reduced fuel consumption and tailpipe emissions.
- Agency efforts to "go green" blossomed with its designation as a Columbus GreenSpot.
- Completed a move by the Service Coordination Department to its new offices without a hitch.
- Transitioned FCBDD classes operating in the Bexley and Whitehall school districts to other locations.
- The Early Childhood Education and Family Center opened a new

playbarn as part of its outdoor learning environment.

- The Adult Services Department substantially completed the AIMS information management project, greatly improving technological capabilities.
- Staff gave record amounts to the Combined Charitable Campaign and Operation Feed.

The Superintendent commended the staff for their efforts. "I'm absolutely thrilled with the good work done by the staff, as well as the continued support and cooperation shown by parents, individuals served, and providers," he said.

## Recreation planning group meets

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The Recreation Advisory Group met at the Cedar Ridge Lodge at Battelle Darby Creek Metro Park on December 10th to develop future plans and address concerns and questions about the new direction of FCBDD's recreation program.

Members attending were Mel Rhoads, Ted and Jean Williams, Marcy Samuels, Megan Feeny, Marella Murino, Becky Niles, Clarice Pavlick, Andrea Stonebreaker, Jillian Ober, Ryan Phillips, Sara Eppard, Mike Butchko and Mark Johnson.

The goal of the retreat was to develop a strategic plan for the Recreation Department for 2011.

Work groups will be assigned to address specific issues of Transportation, Inclusionary Programming with the Community, Volunteerism, and Communication and Visibility.

The group will meet quarterly to review progress. Regular updates will be published in the *Dateline*.

If you have any questions or feedback, please contact:

**Jack Brownley** at

[Jack.Brownley@fcbdd.org](mailto:Jack.Brownley@fcbdd.org)

or **Mel Rhoads** at

[mrhoads@addohio.com](mailto:mrhoads@addohio.com).

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## Volunteers needed for community count

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The Community Shelter Board is looking for approximately 100 volunteers to assist with counting unsheltered persons.

The count will be conducted on Tuesday, January 25th. The count will take place at various times throughout the day depending on the location assigned.

If you have any questions, please contact Tiffany Nobles at [tnobles@csb.org](mailto:tnobles@csb.org) or 221-9195.

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## Shalom accepting residents

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Applications for apartments are being accepted by Village Shalom Apartments at 1135 College Avenue, Columbus. An equal housing opportunity provider for adults with mental retardation and developmental disabilities, the HUD-subsidized program offers maximum independence when possible, and professional support when needed.

Anyone interested in further information, may contact Denise George at 239-1999.

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## Rep. Carney visits FCBDD

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A local state legislator visited FCBDD on November 17th and took the occasion to tour school, adult and early childhood programs.

John Carney is the State Representative from the 22nd district which includes Dublin, Clintonville and northwest Columbus. He was reelected to the post on November 2nd.

Superintendent Jed Morison accompanied Representative Carney on the tour, and said he was "impressed with Mr. Carney's interest and knowledge of our services."

*John and his family are shown at the inauguration ceremony, courtesy of his website.*

# Holiday party a hit

Approximately 100 participants attended the annual holiday party sponsored by the Service Coordination Department, which was held at Xenos Christian Fellowship's 4th Street Pavilion. Each attendee had a delicious meal and received a small gift as well.

So a big thanks goes to all of the dedicated staff who volunteered their time, cooking skills, coordination efforts and cash to support the party.

Staff who played key roles in the preparations included Veronica Adamski, Phil Johnson, Kristy Schulyer, Sharon Post, Bob Thomas, Amy Yenkin and Kevin Yuhas.

*All photos by Anne Russell.*



*Kevin Yuhas made a great Santa.*



*Bob Thomas and Amy Yenkin unload party supplies.*



*Martha with Brenda Isenhart.*



*Elf Donna Dennis seen with Edward M.*

## Dental details

Do you ever feel as though your mouth is abnormally dry? Having a dry mouth is somewhat common. Many people don't even realize it is a problem. Fortunately, there are a variety of ways to treat this condition.

Xerostomia is the medical term for dry mouth. It is caused by a lack of saliva. There are a number of reasons why xerostomia occurs. Anxiety, medications, dehydration, salivary gland trauma, mouth breathing, smoking and alcohol consumption are some of the more common causes. Xerostomia can also be a sign of underlying disease, such as diabetes.

Antihistamines, antidepressants, amphetamines, and some illegal drugs can lead to dry mouth. Also, people who take a combination of

## Dry mouth

by Caylee Ashcraft and Jackie Gorman

multiple prescription medications often experience xerostomia.

Mouth breathing dries out the oral cavity, and can lead to halitosis (bad breath). Many people do not notice that they breathe out of their mouth. If you regularly wake up feeling thirsty, you may be a night mouth breather.

Xerostomia can lead to a number of dental problems. Without adequate saliva flow, a person may experience difficulty in eating, speaking, and swallowing. The components of saliva help to remineralize enamel of the teeth; therefore, lack of saliva can lead to rampant tooth decay.

Treatment of xerostomia depends of the cause. If dehydration is the cause, sipping water will provide relief. In many cases xerostomia cannot be

cured, so alleviating symptoms and preventing cavities becomes the focus. Consuming fresh fruits and vegetables and chewing sugar-free xylitol gum will increase salivary production. Dental professionals recommend using salivary replacement products, such as Biotene, to prevent plaque build-up and cavities. Biotene is available at your local convenient and grocery stores.

Xerostomia can be uncomfortable and a detrimental medical condition. If you are experiencing chronic dry mouth, you should consult with a medical or dental professional for possible causes and appropriate therapy.

*(Note: The authors are senior Dental Hygiene students at the Ohio State University.)*

# Don't let the bed bugs bite!

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The resurgence of bed bugs in central Ohio has been much publicized recently. Experts explain the phenomenon by pointing to changes in pesticide use, resistance to certain insecticides, increased international travel and residential turnover.

According to Dr. Susan Jones, Associate Professor of Entomology at the Ohio State University, "The presence of bed bugs is not an indication of poor housekeeping... it is merely an indication that bed bugs hitchhiked their way into your life."

Here is information you should know to help prevent the spread of bed bugs.

## How can I tell if I have bed bugs?

Look for red, itchy bites on the skin, especially if they first appear during sleep. Also, look for small, brown bugs on or near the bed, as well as black spots on the sheets and mattress.

## How are bed bugs spread?

Bed bug nymphs and adults are adept crawlers. They hitchhike from place to place by tucking away in peoples' clothing, shoes, backpacks, purses, briefcases, luggage, used furniture, mattresses, bedding. Eggs laid on these items also allow bed bugs to spread from place to place. In multi-

ple-unit buildings such as dormitories, hotels and apartments, bed bugs can easily crawl from one unit to another.

## Any tips for travelers?

Yes. Ask to inspect your hotel room before you accept it. Turn back the comforter, sheets and mattress pad. Look for bed bug fecal spots. Don't place your suitcases on the bed or on the floor. Store them on the luggage rack. Keep your belongings in the suitcase. Don't put things that you've worn back in the suitcase. Put them into a sealable plastic bag. Before packing to leave the hotel, inspect your luggage for bed bugs.

## How can I protect myself and my family from bed bugs?

Knowing what to look for can keep you from carrying bed bugs into your home. Be on the lookout for the tell-tale signs of bed bugs when traveling or buying used furniture, bedding and other used items.

## What should I do if I have bed bugs?

Once you have bed bugs, they are not easy to eradicate. An integrated pest management approach of sanitation and chemical and non-chemical measures is required.

Sanitation measures include removing all clutter and anything that is stored under the bed, laundering all bedding and clothing in hot water (at least 120 degrees F) and drying on a hot setting for at least 15 minutes, dry cleaning (tell your drycleaner you have bed bugs), putting mattress and box springs in a specialized protective encasement certified as bed bug resistant, caulking cracks and crevices, and vacuuming (and disposing of the vacuum bag in a tightly sealed bag)

Do not use "bug bombs" as few bed bugs will be killed and they will cause the bugs to scatter, worsening your infestation. Boric acid has no effect.

Consult a licensed commercial pesticide applicator. Make sure they have a plan to rotate the insecticides they use to overcome the immunity to insecticides that bed bugs can acquire over time.

( Note: We thank the Central Ohio Bed Bug Task Force for providing the above information.

Visit [CentralOhioBedBugs.org](http://CentralOhioBedBugs.org).)

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# What a Wonderful World

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*(Editor's note: We present the following in honor of Debra Hamilton, Phil Mitchem, Teresa Vincent, Walt Wilcox and all members of the FCBDD community who passed away during 2010.)*

I see trees of green, red roses too  
I see them bloom, for me and you  
And I think to myself  
What a wonderful world

I see skies of blue, and clouds of white  
The bright blessed day, dark sacred night  
And I think to myself  
What a wonderful world

The colors of the rainbow, so pretty in the sky  
Are also on the faces, of people going by  
I see friends shaking hands, sayin'  
"How do you do?"  
They're really sayin', "I love you"

I hear babies cryin', I watch them grow  
They'll learn much more than I'll ever know  
And I think to myself  
hat a wonderful world

Yes, I think to myself  
What a wonderful world

*by Robert Thiele and  
George D. Weiss*

# Good For You

## Notable Achievements in the FCBDD community

## Career Milestones

A tip of the hat goes to Service Coordination staff who supported the Marines in their Toys for Tots campaign last month. Thanks to their efforts, over 700 needy families enjoyed a warm breakfast and lunch in addition to toys for the kids. Leading the effort were **TaRonda Curry, Sharron Alston, Dana Broadnax-Johnson, Nicole Redic and Felicia Sowell-Moon.**

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Congratulations to **Jim Tully** and his wife, **Alice** who celebrated their golden wedding anniversary last month. The couple was married in Kentucky in 1960. Jim is a consultant who works with ARC Industries.

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Special thanks to **Christine Brown** for her work in coordinating the meeting of the Central Ohio Self-Determination Association held on November 3rd. The meeting, which included an update on Project STIR training, was a resounding success.

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A new Director of the Franklin County Department of Job and Family Services has taken the helm. He is **Anthony Trotman**, who has previous experience with the department. Best of luck, Anthony!

**30 years**  
**Susan Gibson**

**25 years**  
**Mary Allen**

**20 years**  
**Carol Middaugh**  
**Dorcas Sharp**

**10 years**  
**Carolyn Earnhardt**  
**Cathy Eldridge**  
**Jeanne Green**  
**Erin Kapps**  
**Marsha Rummer**  
**Joel Workman**

**5 years**  
**Joyce Corson**  
**Yukiko Jones**  
**Fawnda Smith**  
**Bradley Zubovich**

## The green spot by Cindy Massenelli

Time was when I heard about “the 3 Rs,” I thought of school, specifically the subjects of Reading, Writing and Arithmetic.

Well, not any more! In 2011, “the 3 Rs” mean reuse, reduce, and recycle.

Have you ever noticed the triangular loop of arrows on beverage containers? It lets you know the container can be recycled.

Keeping recyclable items inside the recycling loop keeps them out of landfills and reduces pollution.

Reuse means just what it sounds like -- using something again rather than throwing it out. That usually means finding a new use, such as making a jelly jar into a drinking glass.

Reuse conserves the energy and raw materials needed to make new products, and doing so saves energy and reduces

the amount of pollution factories release into the air and water.

By recycling or reusing plastic, metal, and glass items, you can reduce the need to mine, transport, and manufacture natural resources to make new products. Recycling means taking materials from products you have finished using and making brand new products with them. For example, most of the aluminum cans in the United States are made with recycled aluminum. So if you drink juice or soda from a can, recycle that can instead of throwing it in the trash. That way, it will stay in the recycling loop and out of the landfill.

The next time you hear about “the 3 Rs,” please think about the term’s new meaning, and then help make a difference for a greener world.

## Staff get chance for free King tickets

FCBDD and ARC Industries have joined together to make available ten free tickets for staff to attend the 26th Annual Dr. Martin Luther King, Jr. Birthday Breakfast Celebration to be held on Sunday, January 17th.

The breakfast will be held at the Greater Columbus Convention Center. All seats are reserved. Keynote speaker will be Dr. James C. Perkins, pastor of Greater Christ Baptist Church in Detroit.

“Since we have received many requests in the past to attend this function, we thought that it would be best to have a drawing to determine who receives the free tickets,” said Dan Darling, Director of Human Resources.

If interested, staff should register by January 10th.

A drawing will be held on January 11th at 4 p.m. Only Board employees may register. For more information, please call FCBDD’s Human Resources Department at 342-5941.

# Keep up with emergency news

For the latest information concerning emergency closings of FCBDD facilities, please listen to:

Radio AM	Radio FM	Television
WBNS (1460)	WCOL (92.3)	WCMH (4)
WMNI (920)	WCVO (104.9)	WSYX (6)
WOSU (820)	WNCI (97.9)	WBNS (10)
WTVN (610)	WSNY (Sunny 95) QFM (96)	WOSU (34)

## Dateline

The Franklin County Board of Developmental Disabilities

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

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Information about the Franklin County Board of Developmental Disabilities

is always available on the internet at:

[www.fcbdd.org](http://www.fcbdd.org)

# Calendar

## January, 2011

- 1 New Year's Day -- all county facilities closed. HAPPY NEW YEAR!
- 3 FCBDD early childhood, schools, and adult programs resume.
- 4 Sugar Bowl: Ohio State Buckeyes vs. Arkansas Razorbacks, Superdome in New Orleans, 7 p.m. GO BUCKS!
- 11 Franklin County Residential Services Board of Trustees meeting, 11 a.m. Please call 844-3800 for location.
- 12 People First meeting, Goodwill Columbus, 1331 Edgehill Rd., 5 p.m.
- 17 Martin Luther King, Jr. Day observed -- all county facilities closed.
- 19 Family Support (formerly Parent League), 2879 Johnstown Rd., 9:30 a.m.
- 19 Central Ohio OSDA Region Meeting, 2879 Johnstown Road, 10:00 a.m.
- 22 "For the Fun of It" bowling tournament, Columbus Square Bowling Palace, Rte. 161 and Cleveland Ave., 1:30 - 4:30 p.m. Please call 342-5960 for details.
- 24 ARC Industries Board of Trustees meeting, Fawcett Center, 11:30 a.m.
- 27 FCBDD Human Resource and Finance Committee meetings, 2879 Johnstown Rd., 4 p.m.27  
FCBDD Board meeting, 2879 Johnstown Rd., 5 p.m.

## "Quotable quotes"

"A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty."

- *Sir Winston Churchill*

"If you break your neck, if you have nothing to eat, if your house is on fire, then you've got a problem.

Everything else is inconvenience."

- *Robert Fulghum*