

Self-advocacy conference a success

FCBDD held its first conference on self-advocacy on October 13th. Seventy-five participants attended the full-day event, which was held at Xenos Center, 1934 N. Fourth Street.

Co-organizers Nan Burns and Jan Montgomery were pleased with the attendees' receptiveness. "We were especially impressed at the level of participation in the breakout sessions," Nan said.

After opening remarks by Superintendent Jed Morison, guest presenter Ben Piscitelli of the Franklin County Board of Elections discussed "Voting Machines and How to Use Them."

Nurse Sandy Turner of ARC Industries East addressed "The Aging Process: What to Expect." Anne Thomas and Patty Aelig of FCBDD's Psychology Department followed with a session on communication called "I'm Talking but No One Is Listening."

Berni Thurn, Registered Dietician, spoke on "Your Health, Your Food, Your Choice." Advocate Christine Brown shared information regarding the Ohio Self Determination Association and various initiatives on the state and county level.

Organizers hope to hold another conference next year.



Superintendent Jed Morison welcomes participants to the conference. More pictures of this event are on page 2.

Charitable giving exceeds goal

FCBDD staff have surpassed their fundraising goal of \$84,000 in the 2010 Combined Charitable Campaign. At the time of publication, they had raised \$100,531 which is 19 percent over the goal.

Superintendent Jed Morison praised the staff's generosity. "Once again, our staff have shown they care about the people in our community who need help."

The Psychology Department led in rate of participation with 100 percent. Service Coordination raised the largest amount at

\$19,552. Transportation South showed most improvement with a 227 percent increase over last year.

Campaign coordinator Joe Edwards expressed gratitude to "all those who contributed and especially to all who provided leadership." He noted that the building and department coordinators "were the secret to our success."

Although the county's overall campaign is still underway, it appears probable that FCBDD will lead all agencies in funds raised.



Pictures from the self-advocacy conference



Jan Montgomery and Nan Burns received enthusiastic applause.



Travis Bare was introduced as a member of the FCBDD Self-Advocate Council.



Mitch Gillespie was an earnest attendee.

Dr. Ed Sterling announces retirement

Dr. Ed Sterling, Director of Nisonger Center's Dental Program, has given notice that he will retire at the end of the year.

Dr. Ed, as he is affectionately known, began providing dental care at Nisonger in 1971. He developed the full dental program -- providing dental services for individuals with developmental disabilities and teaching dental students and hygienists -- in 1972.

He estimates that he has cared for more than 10,000 patients during his career and has taught "thousands" of dental students.



"If I had it to do over, I would do it all again," he commented, "but hopefully correcting my mistakes along the way."

Dr. Sterling noted the importance of good dental health. "It affects overall health, appearance and quality of life."

Superintendent Jed Morison who serves on the search committee for Dr. Sterling's successor, said "When I think about Ed's nearly forty years of service, the impact that he has had on the lives of his patients, and the thousands of dental professionals whom he has taught, I begin to realize what a legacy he leaves."

During his retirement, Dr. Sterling plans to do volunteer work and spend more time with his family.

Michael Stinziano visits FCBDD

A soon-to-be state legislator visited FCBDD in mid-October and toured West Central School, ARC Industries West and the Early Childhood Education and Family Center.



Michael Stinziano is currently a candidate for State Representative in the 25th district, which includes the near Westside, University area, Victorian Village, and Obetz.

He is unopposed in the election on November 2nd.

He previously directed the Franklin County Board of Elections. Superintendent Jed Morison accompanied Mr. Stinziano on the tour, and noted he "was impressed with Mr. Stinziano's interest and awareness of our services."

Hearing set on action plan

FCBDD's proposed Action Plan for 2011 will be the subject of a public hearing on Monday, December 6th, at 4 p.m.

Concerned members of the community are encouraged to attend the hearing and provide input on the plan.

The annual plan outlines the agency's projected needs, goals and strategies in major service areas.

The hearing will be held at the Pleasnick Center, 2879 Johnstown Road.

A copy of the proposed plan may be obtained by calling Amy Magginis, at 342-5992.

Anita to show Nov. 16

The Columbus Jewish Film Festival will feature a movie about a girl with Down Syndrome.

Anita, a drama set in Buenos Aires, follows the life-changing journey of Anita Feldman (played by Alejandra Manzo) after a car bomb explodes outside the Jewish community center.

The film won Best Picture at the 2009 Los Angeles Latino Film Festival.

The film will be shown at the Arena Grand theater on Tuesday, November 16th, at 6 p.m. To see a trailer, go to www.cjfilmfest.org.

United Cerebral Palsy & Goodwill to merge

United Cerebral Palsy of Central Ohio (UCP) and Goodwill Columbus have signed a merger agreement that will unite their missions and bring more than 75 participants from UCP to Goodwill Columbus programs and services. The transition will begin January 3rd.

"It's a partnership that we've been talking about for more than a year," said Diane Dierna, Chairwoman of the Board of Directors of UCP, noting that an inability to secure more funding during challenging economic times led to a search for a compatible partner. "UCP chose to pursue a partnership with Goodwill because of their alignment with UCP's mission and values."

"With similar programs and services, this is a wonderful opportunity

for our organizations to collaborate," said Monsignor Joseph Hendricks, Chairman of the Board of Directors of Goodwill Columbus.

Margie Pizzuti, President and CEO of Goodwill Columbus, said "Our staff is preparing for the transition which we are confident will be seamless for the participants. That is our number one priority."

Kathy Streblo, Executive Director for UCP, added that UCP staff and board

members are confident they have found a "good fit" for the participants they have been serving. She said, "We have notified our staff, our participants and their families, and while there is some sadness surrounding the change in our current family structure at UCP, we know this is the best move for our participants."

Goodwill Columbus has been serving the local community since 1939. UCP was founded in 1951.



Dental details *Denture care*

by Caylee Ashcraft and Jackie Gorman

Are you taking care of your dentures properly? If you are unsure, you are not alone. Many patients who have full or partial dentures are unaware of how to care for their prosthetics.

Home care starts by daily cleansing. Here are some steps to follow: Fill the sink with water or put a towel down in case they accidentally slip out of your hands. Rinse your dentures with cool water to remove food and debris. Never use hot water because it can cause warping.

Apply a denture cleaning paste to a moist, soft-bristled toothbrush and brush all surfaces carefully. Regular toothpaste may be too abrasive and can scratch your dentures, leading to increased plaque retention. Rinse your

dentures to remove cleaning paste. Soak dentures in a cleanser while you sleep.

Failure to follow these steps may lead to undesirable conditions. The most common is Candidiasis, a yeast infection of the mouth. Treatment for this condition is an antifungal medication.

Halitosis or “bad breath” is caused by different oral bacteria. Some of these bacteria stick to the surfaces of your prosthetic, which makes removal of bacteria critical. Other preventive therapies for halitosis include tongue sweepers and mouth rinses.

Bone loss, unlike halitosis and Candidiasis, is irreversible. Dentures

rest upon a ridge of bone for support and stability. This bone can eventually deteriorate due to ill fitting dentures or untreated diseases within the oral cavity. Dentures should routinely be evaluated by a dentist for necessary readjustments.

Candidiasis, halitosis, and bone loss can be easily prevented with proper prosthetic maintenance. Remember: clean daily, soak nightly, and visit your dentist.

(The authors are senior Dental Hygiene students at the Ohio State University. We thank Tamera McIntire of the Nisonger Dental Clinic for this submission.)

Butterfly chronicles



ARC West has its own “resident naturalist” in JoEllen McKnight, Training Specialist. She has been collecting caterpillars and created habitats in which they live in her work area in the workshop.

When no work is available, she has been teaching consumers about the lifecycle of the Monarch butterfly. They have observed the transformation from caterpillar to cocoon and finally, to butterfly.

JoEllen has released three butterflies, the third being freed during the ARC West picnic on September 17th.

The green spot *by Nick Gulyassy*

As part of FCBDD’s ongoing green initiative, ARC Industries West has become a pilot project for upgrading all the lighting from the old type of florescent lights (T12) to the newer type (T5). The new ones use up to 40% less energy. This will significantly reduce the amount of money the county spends on electricity in this facility.

AEP implemented a rebate program that the county is taking advantage of to offset the cost of the upgrades.

If you walk into the West facility, you will see very few new fixtures because they simply replaced the internal components, not the fixtures. But it will be noticeably brighter. The best news is that the agency will be spending less on electricity.

I would recommend visiting the AEP website at www.gridsmartohio.com to see how you can save energy at home. Energy savings can be realized by simply replacing your incandescent bulbs with higher efficient florescent bulbs. This website is worth checking

out to see how you can save money through cost saving tips.

The Green Committee would like to thank all of you who have submitted ideas and suggestions. Your commitment to “Go green” is wonderful to see!



Good For You

Notable Achievements in the FCBDD community

Bus drivers **Connie Hamm** and **Teresa Prince** earned honors for leadership in the 2010 Combined Charitable Campaign. As campaign co-coordinators at Transportation South, they helped spark a 227 percent increase in charitable giving among staff there. Successful strategies included the posting of "stories of hope" written by co-workers, the sale of cancer awareness pins, a silent auction of purses, and a raffle of two handmade afghans. The afghans were donated by **Kathy Krzeczowski** who purchased the materials, and **Debbie Harris** who made them.



Christine Brown was recognized as the "Individual of the Year" at the annual PAR conference recently. The award recognized Christine's extraordinary efforts to promote self-advocacy throughout Ohio. Actress **Robin Trocki**, who plays in the hit television show, *Glee*, was on hand.

The annual Nationwide Better Health Columbus Marathon drew a record 15,000 participants on October 17th. Among them were **Nan Burns**, Director of ARC Industries North, and **Clarice Pavlick**, Director of ARC Industries East. The duo completed the half-marathon course.

Marcy Samuel, FCBDD's Director of Program Operations, presented to the National Council on Disabilities at the group's national conference in Detroit on October 26th. Joining Marcy were **John Martin**, Director of the Ohio Department of Developmental Disabilities, and **Michael Rench**, Administrator of the Ohio Rehabilitation Services Commission.

Career Milestones

30 years

Kurt Smith
Elizabeth Stoll

20 years

Jeffrey Abele
Edward Noble
Keith Ogle
William Ryan

15 years

Vandella Armistead
Gloria Coleman
Helena Morgan
Jerry Young

10 years

Donna Breedlove
Denise Kirby
Billy Rolland

5 years

Farrah Charles
Heather Friesen
Sheila Hoover
Hubert Livsey
Stephanie McManus
Jennifer Patrick
Suzanne Wilson
Peggy Wise

Conference scheduled

The Down Syndrome Association of Central Ohio is sponsoring an Education/Behavior Conference. The content is aimed toward specialists and teachers in the field as well as parents.

For more information, or to register for this event, contact DSACO, 510 E. North Broadway Columbus, Ohio 43214 614-263-6020.

Alternatively, visit the website at www.dsaco.net and search for "Programs & Services". Then click on the topic 'Keeping Up'.

EDUCATION/BEHAVIOR CONFERENCE

Featuring **Patrick Schwarz, Ph.D** and **Stacy Taylor, MA**




November 19-20, 2010
Bridgewater Banquet & Conference Center

Help make a

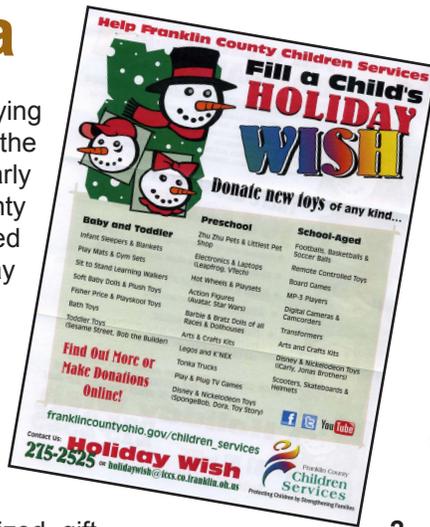
Holiday tunes will be playing soon, and for many children, the anticipation is building. But nearly 4,500 children in Franklin County who have been abused, neglected or troubled may receive no holiday gifts this year.

You can make their wishes come true by sponsoring children through the Franklin County Children Services Holiday Wish program.

Holiday Wish is a personalized gift-giving program that allows children under the care of Children Services to wish for a special toy or gift. Each child age 11 and younger selects toys or other gifts valued at \$40, and each youth age 12 and older will receive a \$50 gift card purchased.

Donations of any dollar amount are accepted to help purchase the gift cards and food certificates for families. All donations are tax deductible.

Help make a child's wish come true by donating online at www.franklincountyohio.gov/children_services or by calling at 275-2525.



wish come true

Calendar

- 2 Election Day - please vote!
- 3 Community Star Awards banquet at Villa Milano, 5:30 p.m. Please call 342-5950 for details.
- 3 Central Region, Ohio Self Determination Association meeting, 2879 Johnstown Rd., 10 a.m. Please call Christine Brown at 372-5184 or e-mail at christi628@sbcglobal.net.
- 5,6 Ohio Adult Sibling Conference, Columbus Marriott Airport Hotel. Please contact Tom Fish at 292-7550.
- 9 Franklin County Residential Services Board of Trustees meeting, 1021 Checkrein Ave., 11 a.m.
- 11 Veterans' Day - all county facilities closed.
- 17 Family Support (formerly Parent League) meeting, 2879 Johnstown Rd., 9:30 a.m.
- 18 FCBDD Finance and Human Resources Committees meeting, 2879 Johnstown Rd., 4 p.m.
- 18 FCBDD Board meeting, 2879 Johnstown Rd., 5 p.m.
- 22 ARC Industries Board of Trustees meeting, Fawcett Center, 11:30 a.m.
- 25 Thanksgiving Day - all county facilities closed.
- 26 Thanksgiving Recess - Early Childhood, schools and adult facilities closed.
- 27 Ohio State Buckeyes vs. Michigan Wolverines, Ohio Stadium. GO BUCKS!

Dateline

The Franklin County Board of Developmental Disabilities

Helen Ninos
Dean Fadel
Lito Ramirez
Leah Reibel
Renee Stein
Jean Williams

Superintendent 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 handicap.

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

Jed W. Morison	Carl Scott	Martin Kerscher
Michael Davis	Amy Maginnis	Jennifer Cunningham

News releases, story ideas, and suggestions should be sent to Martin Kerscher at:
2879 Johnstown Road
Columbus, Ohio 43219
(614) 475-6440 FAX 342-5001

Information about the Franklin County Board of Developmental Disabilities is always available on the internet at:
www.fcbdd.org

“Quotable quotes”

“Shoot for the moon. Even if you miss you will land among the stars.”

-- Les Brown