

Palmer-Donavin to build, donate MRDD facility

Palmer-Donavin House



When it celebrates its 100th anniversary next year, the Palmer-Donavin Manufacturing Company won't hold a gala. They won't release balloons or hand out t-shirts. Leaders of the Columbus-based distributor of construction materials have decided instead to give back to the community by building a facility that will help persons with

developmental disabilities for the next 100 years and beyond.

The Palmer-Donavin House will be a state-of-the-art, respite care facility that will serve up to 8 persons with developmental disabilities. The site of the facility will be McDowell Road in Grove City. The facility will be donated to Franklin County Residential Services, Inc., (FCRS) a not-for-profit corporation that provides residential and supported living services.

"The Palmer-Donavin House will help citizens with mental retardation and developmental disabilities access full participation in community life, while staying close to their families," said

Ron Calhoun, President and Chief Operating Officer of Palmer-Donavin.

Respite care services allow family members of persons with developmental disabilities to take a break from their day-to-day care duties. The services are helpful when families face personal emergencies, or simply need to relax.

The facility will include amenities such as an activity center, a meditation room and outside recreation areas. Estimated cost to build the facility is approximately \$750,000.

It is expected that the facility will be completed in July, 2007 in conjunction with the company's 100th anniversary.

Continued on p. 2

Thealka Lehman was ECE pioneer

Thealka Lehman, FCBMRDD's first Director of Early Childhood Education (ECE), died September 10th at age 95.

Mrs. Lehman joined the agency upon its creation in 1967 to oversee its preschool program. But her roots in the field go back to 1948, when she ran a preschool at Maple Grove United Methodist Church.

She always accepted children with physical disabilities into the Maple Grove program and, in 1957, accepted a child with a developmental disability at the request of Dr. Roger Gove (who would later become Superintendent of the Columbus Developmental Center).

By 1958, she had learned that the Franklin County Council for Retarded

Children (as it was then called) had a waiting list for its school-age classes. She contacted parents on the list and found 10 who needed preschool services.

Later that year, she established at Maple Grove what is believed to be the first preschool class for children with developmental disabilities in Ohio. Parents raised funds to cover the operating expenses of \$150 per month.



Continued on p. 2

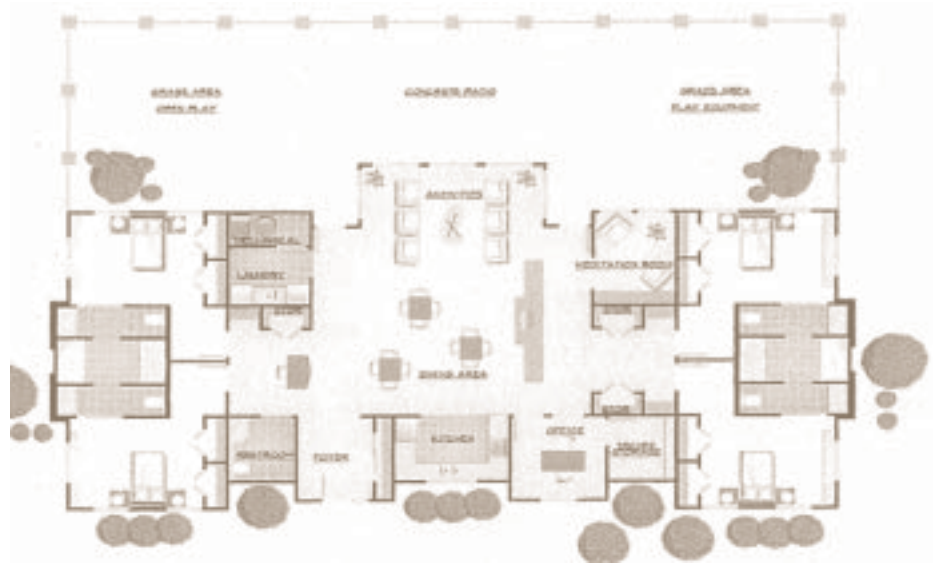
"Palmer-Donavin", from p. 1

"This cause has personal meaning for current and past leaders of our company," noted Mr. Calhoun, who is a member of the Board of Trustees of FCRS.

For many years, Palmer-Donavin was headed by the late Robert Woodward, Sr., who also served as a member of the Franklin County Board of MRDD, as did his late wife, Ann Woodward, and their son, Robert Woodward, Jr.

Superintendent Jed Morison lauded the company's efforts. "This action is incredibly generous, and will leave a lasting, positive impact on our community."

Persons wishing to support the Palmer-Donavin House may make a



financial contribution. A form for this purpose is enclosed with this issue of *Dateline*.

"Thealka Lehman", from p. 1



Mrs. Lehman on her section of the 1996 torch run uphill to Worthington.

Mrs. Lehman retired from FCBMRDD in 1979 at which time the agency operated 27 preschool classes as well as the infant stimulation and home training programs.

After retirement, she continued her involvement with ECE staff members by hosting annual tea parties for them at her home. In 1996, she was hon-

ored to participate as a torch bearer in the Atlanta Olympics.

"Thealka Lehman was truly a pioneer," said Superintendent Jed Morison. "She saw an unmet need and acted on it, overcoming many obstacles along the way."

Rebecca Love, FCBMRDD's ECE Director, commented, "Thealka Lehman was truly a visionary, and her zest for life was unrelenting. I will miss my traditions with her, but will treasure the many lessons."

Mrs. Lehman was survived by sons Stephen Lehman of Columbia, Maryland, David Lehman of Worthington, and 2 grandsons.



Mrs. Lehman entertained past and present Home Based Specialists as well as Teachers on a regular basis.

Managing for success

Partnership _____ by Rebecca Love, Director of ECE

When it all comes together.... when it connects and hums... when it roars forth exploding free of its constraints... that is synergy.... that is partnership!

The Franklin County Board of MR/DD is embedded in a history of partnership and collaboration. This agency commitment and practice is at the heart of the theory "the whole is greater than the sum of its parts". Through our collective work and numerous relationships within the Franklin County community, we have fostered a system that not only supports our mission but the needs of many families, children and stakeholders in this community. Children and adults are given opportunity to live, learn, play and work in our community. This coming together fosters a healthy, efficient, informed and caring community for all individuals.

In September, 1985, FCBMRDD's early childhood education program revisited a partnership to craft programs for early learners who were developing typically with children who demonstrated developmental disabilities. The first preschool of this type began in the early 1950s with Maple Grove Preschool where Thealka Lehman, FCBMRDD's first early childhood director, integrated children with special needs in a church preschool program

designed for children who were typical in their development. After many years of relationship building and cooperative work in the early childhood community, the opening of an early childhood center in 1991 (The Early Childhood Learning Community or Marburn) was the beginning of our work with multiple partnering in a single inclusive setting.

Through the expansion of this work, in September, 2002, the early childhood center on Johnstown Road opened its doors to serve a capacity of 700 children with and without developmental disabilities, and included several agencies which share the same vision and mission to serve children and families. This system of partnership includes FCBMRDD, Head Start, Columbus Public Schools, The Ohio State University, the YMCA and several other supporting community programs and organizations.

The model has community as its central metaphor. It recognizes that spirit, form and function must all be linked from the earliest phases of design. The building, programs and relationships are conceived as an integral whole (Kloth, Love, 2005).

The hallmark of this work as well as the effectiveness of any partnership



rests in the development of shared goals. These goals embrace shared accountability, shared understanding of interdependence, mutual respect and trust, shared control and especially the sharing of power (Kloth).

The greatest lesson to be learned about partnership is the importance of maintaining and respecting the integrity of each system involved. Every aspect of the partnership is not the same. The partnering system must identify that which will remain independent, and that which will be coordinated, cooperative, collaborative and integrated. With these tools in place and knowing the difference, partnership will show ongoing evidence of sustainability, change and system resilience.

It takes a village to raise a child, and commitment and "buy in" to sustain the work.

PACE facility underway _____

Construction began in August on a new facility to house the PACE program, a day program for adults with significant developmental disabilities. Creating Housing, Inc., is serving as project manager and owner of the building. Program services in the 3,700 square foot center will be provided by Goodwill of Columbus. The entire project is funded by a grant by FCBMRDD.

Families of individuals who will be served in the building were involved in the design process.

The building, located on College Avenue, in the Berwick area, is scheduled for completion by late December.

Families to hear Marcy Samuel _____

Marcy Samuel, FCBMRDD's Director of Program Operations, will speak to Families United on Thursday, October 12th at 7 p.m. The meeting will be held at Overbrook Presbyterian Church, 4131 N. High Street, Columbus.

Marcy will discuss adult services provided in Franklin County and the regulations pertaining to the day services waiver, which has recently been introduced in Ohio.

The public is invited to attend.

Step up to nutrition & health

Fats: the good, the bad, and the ugly _____ by *Bernie Thurn* _____

Creamy, rich, satisfying, smooth, flavorful, filling – all are words used to describe foods high in fat. Fat makes food taste good. It provides us with energy and helps the body absorb vitamins A, D, E, and K. It is needed in the brain and cell walls, and keeps body systems functioning properly.

Fat is also the most concentrated source of calories - - 9 per gram. For that reason, most people need to limit their intake of fat to keep from gaining too much weight. Fat should make up about 20-35% of our daily calories. This means that a person who eats 2,000 calories a day should get about 400-700 calories (45-75 grams) from fat.

But what kind of fat? It is so confusing. Bad fats will raise your LDL (bad) cholesterol and lower HDL (good) cholesterol. This can increase the risk of heart disease. Saturated, hydrogenated and trans fats are the “bad” ones.

Saturated fats are solid at room temperature. They come from animal products and tropical vegetable oils like coconut, palm kernel and palm. Transfats occur when oils are hydrogenated to become more solid at room temperature. Oils are hydrogenated to give a food a more desirable quality or make it last longer on the shelf. Most transfats are found in prepared snack

foods, crackers, baked goods and fast foods.

“Good” fats are liquid at room temperature. They can have the opposite effect on cholesterol levels as the “bad” fats. Polyunsaturated fats include corn, safflower, soybean, sesame and sunflower oils. Omega-3’s are also in this category. Olive, canola and peanut oils are monounsaturated. All help to keep the body healthy.

So what does this all mean in selecting a healthy diet? Here are a number of tips for you to choose from in the next month. Remember, if you practice the full month, it is more likely to become a change for life.

Get rid of the frying pan. Bake, steam, grill, broil or microwave your foods.

Read food labels. Since January, transfat is listed on the nutrition label. The goal is 0. Many manufacturers are now removing transfats.

Cut saturated fat by using lower fat or fat free dairy products. Switching from whole milk to 1% saves 5 grams of fat per 8 ounce cup. Most of it is saturated fat. Use light or fat free sour cream or cream cheese.

Choose lean cuts of red meats and poultry over fatty ones.

At fast food restaurants, pick grilled items over fried ones.

Include fish in your diet 1-2 times per week in place of red meat.

Cook with vegetable oils like corn, soybean and olive rather than using butter, lard, or hydrogenated fats.

Cut back on high fat foods by either eating smaller portions or finding a lower fat replacement.

Which will you choose to do this month?

(Note: The author is a registered dietician.)

Please Note:
Last month the article on Food Safety contained a typographical error. It should have read:

COOK

Make sure that meats, particularly ground meats, are cooked completely. Reheat leftovers to **165 degrees** to be sure that bacteria are killed.

Blood Drive scheduled

Wednesday, October 11, 2006 is the date scheduled for the next FCBMRDD Blood Drive. The red Cross will set up in conference rooms B, C, and D at 2879 Johnstown Road. The drive will be from 9:00 a.m. to 3:00 p.m.

Please call Mary Martin at 342-5974 or 475-0564 or Carl Scott at 342-5801 or 475-6440 for an appointment. For frequent givers, you can give blood if you donated on or before August 16, 2006.

The Red Cross requires a positive I.D. such as an individual donor card or photo I.D. showing date of birth.



Group to hold dinner

Joni and Friends, the disability ministry of Joni Eareckson Tada, will hold its Luke 14 Dinner at the Vineyard Church of Columbus, 6000 Cooper Road, Westerville, on Friday, October 13th at 6:30 p.m.

For more details, please contact Debra Petermann at (614) 259-5257 or dpetermann@joniandfriends.org.

Christopher Antonio gets Irish welcome

Christopher Antonio, a consumer at ARC Industries North, was a special guest of coach Charlie Weis at Notre Dame August 30th and 31st. Chris' mother, Rose, had written the coach, explaining that Chris was an avid fan, but unable to attend a game because he was too antsy to stay in his seat for four quarters. Rose asked if it would be possible to go to a practice.

In June, the Antonios got a letter stating that, although practices were closed to the public, Chris was invited to attend a portion of a practice.

Chris went with his mom and sister, Andi, to South Bend. Arrangements were made by the Notre Dame administrative staff. The first day they attended a concert by the Fighting Irish marching band.

The highlight of the trip was when the Antonios were escorted to the indoor practice facility. They got to see National Championship and Heisman trophies. Then they went to practice and watched the Irish go through their final scrimmage before the season opener against Georgia Tech.

Coach Weis greeted Chris, and gave him Notre Dame shirts and shorts, a travel sports bag, and an autographed football.



Christopher Antonio, of ARC Industries North, was a special guest of coach Charlie Weis at Notre Dame.

The coach reminded Chris that he was one of the few people to come to a Notre Dame practice, and he was not allowed to tell anyone about their trick plays. Christopher's mother said he will never forget Coach Weis, and the time he spent at Notre Dame.

State Special Olympics golf tournament



Marc Larue and partner, Owen Cohagen, setting up their putt on number 8. Marc and Owen shot a 43 for the day.



Four teams from Franklin County MRDD Special Olympics competed in the State tournament at the Golf Course in Cincinnati. Back row: Marc Larue, Roger Darling, Mike Doles and Derek Defusco. Front row: Owen Cohagen, Vernon Clark, Craig Doles and Sandy Beach.

All photos by Dee Hively.



Bryan Becker named to OPI board

Bryan Becker, an employee of ARC Industries West, has been appointed to the Board of Trustees of Ohio Public Images (OPI). The not-for-profit corporation was established in 1983 to promote a positive perception of individuals with developmental disabilities throughout Ohio, and is well known for its sponsorship of MRDD Awareness month.

Bryan's photo courtesy of ARC Industries West.

Bryan graduated from Hilliard Darby High School in 2001, where he was the equipment manager of the Panthers football team and the Prom King. Bryan began working at ARC West immediately after graduation. He is an avid sports fan and enjoys cheering on the Buckeyes, the Carolina Panthers and the Hilliard Panthers.

Bryan is looking forward to serving on the OPI board, noting, "It is quite an honor."

Special Olympians enjoy banquet



Nikia Horton and Victoria Harris enjoy the dance. Over 400 people attended the event held at the Plumbers and Pipefitters Union Hall on September 24th.

All photos by Mike Hively.



Natasha Slone waves to the crowd as she strolls the runway during the "Parade of Athletes" at the 2006 Special Olympics banquet and dance.

Squirrel run set

If you'd like to get some exercise while supporting a good cause, you might want to participate in the Squirrel Run to be held at Franklin Park on November 4th.

The event is a 5-kilometer fun run or walk, and the proceeds will support the Propionic Acidemia Foundation.

Propionic Acidemia is a genetic disorder that prevents the breakdown of parts of protein and some types of fat. It can result in damage to the brain, heart and liver, and cause developmental delays.

For further information, please call 1-877-720-2192.

Panera Bread coupons available

FCBMRDD staff volunteers are selling Panera Bread coupons for bagels, breads, and cookies at a discount to raise funds for the Citizen's Committee to help support a future levy campaign. The coupon strips of six cost \$10. The coupons will make great birthday, Thanksgiving and Christmas gifts.

Please contact Roberta Lehman at 342-5994 for an order form.

The deadline is October 17th.

Good For You

Notable Achievements in the FCBMR/DD Community

Career Milestones

ARC Industries employee **Lisa Claypoole** (On-site Crews) is the leading seller in ARC's cookbook fundraising program, having sold 26 books. Congratulations, Lisa!

ECE Director **Rebecca Love** has been appointed a member of the State Board of Education's School Readiness Solutions Group, a task force assigned to develop "a high-quality early learning system for children from birth through kindergarten." Becky was also named Co-chair of the group's committee on early learning settings and early learning professionals.

A front-page story in the *Gahanna News* (September 15th) featured **Creative Housing, Inc.**, and its plans to develop specialized apartments for persons with physical disabilities. If approved, the project will be located in the area near Morse and Hamilton Roads.

Consumer **Kyle Pigman** attended the 50th anniversary celebration of the

Shaklee Corporation in August. Kyle is associated with KCP Health Works Partners.

In August, **Northeast School staff** had fun by competing to see who could make the best, positive statement about the coming school year. Among the entries were, "We have a large family atmosphere," and "My class is the bomb."



Gillian Kauffman, at left, and Kathleen Notestine were two of the ARC North employees who helped.

ARC Industries North just completed the packing of 4,000 boxes of food and personal care items for the Mid-Ohio Food Bank. The boxes will be distributed throughout Franklin County.

25 years

**Ann Horton
Marsha Lowe**

20 years

**Nancy Sommer
Paul Wolfe**

15 years

Jonathan McPheters

10 years

**Nina Lechleiter
Joseph Regan**

5 years

**Lee Childs
Thelma Covey
Lori Dougherty
Darleen Hayhurst
Silicia Hedges
Rita Hopson
Lois Lindsey
Lisa Nation
Anthony Noletti
Kristoffer Potridge
Steven Sparks
Anne Tipton
Adrian Tolbert**

Start thinking about bowling

The second annual "For the FUN of it" bowling tournament will be coming soon.

At the inaugural event last January, we had so much fun that we are sure the word will spread this year. We are anticipating a sellout of the maximum 64 teams. Yes, we raise money for the Special Olympics, and the Levy Campaign, but the main reason to get together is to have fun, generate spirit, and enjoy time with friends.

This year's event is set for Saturday, January 20th from 12 noon to 3 p.m. It will be held at the Columbus Square Bowling Palace at Route 161 and Cleveland Avenue. Mark your calendar now, and start recruiting your team.

Award banquet approaching

Reservations are still being accepted for the 2006 Community Star Awards Banquet, which will be held at Villa Milano, 1630 Schrock Road, on Wednesday evening, November 1st.

The Community Star Awards recognize persons who, through extraordinary efforts, have demonstrated support of the agency's mission. Winners have been announced in 14 categories. Festivities will include a social hour, dinner and entertainment. More than 600 guests are expected.

For more information, please call Frank New at 342-5972.

Bixby show a hit!

The audience roared. The critics gushed. Everyone agreed that the annual talent show of the Bixby Living Skills Center, held August 30th, was the best ever.

Highlights included "Rappers' Delight" by Rudy Reese, "Side-by-Side" by the Bixby Burns (Caron Myers, Becky Shannon and Faye Williams), and "Car Wash" by staff and participants of Room 104.

One audience member, Superintendent Jed Morison, was highly impressed. "This is really a fun event that gets better every year," he said.



From left are: Caron Meyers, Fay Williams, and Becky Shannon midway through their performance of "Side by Side".



Participant Cookie Dewes and BLSC Assistant Michelle Moxley.

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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Michael Davis	Amy Baird	Martin Kerscher

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614 / 475-6440 FAX 614 / 475-0403

Information about FCBMRDD is always available on the internet at:

www.fcblrdd.org

Calendar

October, 2006

- 9 Columbus Day observed – all county facilities closed.
- 10 Franklin County Residential Services Board of Trustees meeting, 1021 Checkrein Ave., 11 a.m.
- 12 Families United meeting, 4131 N. High Street., 7 p.m.
- 18 FCBMRDD Human Resources Committee meeting, 2879 Johnstown Rd., 4:30 p.m
- 18 Parent League meeting, 2879 Johnstown Rd., 9:30 a.m.
- 19 FCBMRDD Finance Committee meeting, 2879 Johnstown Rd., 3 p.m.
- 19 FCBMRDD Board meeting, 2879 Johnstown Rd., 5 p.m.
- 23 ARC Industries Board of Trustees meeting, Holiday Inn On-the-Lane, 11:30 a.m.
- 31 Happy Halloween!

"Quotable Quote"

"The biggest disease today is not leprosy or tuberculosis, but rather the feeling of being unwanted."

- - Mother Teresa