

Jerry Saunders appointed to board



County Commissioners have appointed Jerry Saunders a member of the Franklin County Board of Mental Retardation and Developmental Disabilities.

Mr. Saunders is the President and Chief Executive Officer of Africentric Personal Development Shop, Inc., a non-profit organization that provides personal, family and community development programs. He is also Managing Partner of UCAN Networks, a Columbus-based, community development and public relations firm.

He is a member of the Columbus Recreation and Parks Commission, and chairs the boards of 100 Black Men of Central Ohio, Inc., and Columbus After School All-Stars (formerly Inner City Games Columbus).

A resident of the Berwick area, Mr. Saunders is a 1975 graduate of Oberlin College where he served as varsity basketball captain for 3 years.

Board President Dr. Raymond Horn has appointed Mr. Saunders to the Finance Committee.

Graduation ceremonies slated



Andrea Cambern

Twenty-two students from FCBMRDD's school program will take part in graduation exercises soon. Ceremonies will be held at West Central School on Tuesday evening, June 6th, and at Northeast School on Wednesday evening, June 7th.

Graduation speakers will be Andrea Cambern at West Central, and Ben Hale at Northeast.

Andrea Cambern anchors the 5 p.m., 5:30 p.m. and 11 p.m. editions of Eyewitness News on WBNS-TV. She has been honored with 5 Emmy awards, and named Female Anchor of the Year by the National Association of Television Journalists.

An advocate for health and wellness, she created the "Commit to be Fit" campaign.

Ben Hale is the longest-serving member of the Franklin County Board of MRDD, having served a total of 18 years. Currently Vice-President, he served as Board Chairman from 1988 to 1990. He is a partner in the Columbus law firm of Smith and Hale.

In 2003, he was honored by the Ohio Association of County Boards of



Ben W. Hale, Jr.

MRDD for his advocacy work on behalf of persons with disabilities.

Both graduation ceremonies will begin at 7 p.m. The public is welcome.

Step up to nutrition & health

On the go with physical activity _____ by *Bernie Thurn*

We all know that “it” is good for us. We can tell you that “it” improves heart health, reduces stress, controls weight, prevents bone loss, improves sleep, reduces blood pressure, boosts energy levels, and the list goes on. We all have the excuses why we don’t do “it”. But typically that comes down to two main excuses; lack of time or lack of motivation to do “it”. That “it” is exercise.

Eating better is just one part of the health equation. We must also use our bodies. So, as you are making changes in your diet, let’s look for ways to add more activity gradually to your life so that “it” too becomes part of your new healthy habits. And with the arrival of warm weather opportunities to be more active increase.

Three types of exercises keep us healthy. Cardiovascular activities strengthen our hearts. Brisk walking, dancing, biking, swimming, jogging and other movements that increase your heart rate should be done 5-7 times per week. Strength training, also known as resistance training, builds and maintains muscles and bones, as well as

improves balance. This should be done 2-3 times per week. Stretching for flexibility should accompany each of the other types of exercise as part of warming up and cooling down. Not only does it reduce the risk of injury, but it also maintains your range of motion.

So, are you ready to slip more activity into your life? Again the challenge is to pick at least one of the suggestions below and make it a habit. Your list of new habits should be up to three now.

Invite a friend, spouse, child, parent or relative to join you as an exercise buddy, making activity a part of both of your lives. When someone else is involved, it encourages you to keep your exercise commitment.

Schedule exercise into your day just as you would an appointment. Keep that appointment. Or, sign up for a class. Try a new activity like pilates, yoga, tai chi, step, or spinning to name a few. Variety is motivating.

Put on your favorite music and dance. Get others to join you.

Purchase a pedometer to count your steps throughout the day. Set a weekly goal to add 200 more steps each day. 10,000 steps equals approximately 5 miles.

Plan to go for a walk before or after dinner. Breathe in the spring air, enjoy the sounds of the birds and look at all the flowers. Head to a local park and walk the paths. Walk around the building during breaks or lunch. Park the car at the back of the lot.

While on the telephone, do leg lifts. Do sit-ups or jumping jacks during TV commercials. Do push-ups against a wall or on the stairs.

Set a timer every hour or so to take a 10 minute “active” break from the computer.

Sit on a balance ball while watching TV to strengthen you abdominal muscles. Use hand weights or resistance bands to work other muscles also during the shows. Make TV time active time. Walk on a treadmill or ride an exercycle during the news. Many pieces of equipment can be found at yard sales and secondhand shops.

Which will you choose to do this month?

Note: The author is a registered dietitian.)

In memoriam

Doug Huber

The Production Supervisor at ARC Industries North for the past twenty-five years, Doug Huber, passed away May 10th from injuries sustained in a bicycle accident. Doug coordinated all aspects of production at the workshop and directly supervised eight staff members. He also served on production committees, presented reports on production at ARC Industries board meetings, and was the Chairman of the Safety Committee at North.

Doug was soft-spoken. His gentle nature showed in his interactions with the individuals he served. Doug will be remembered for the way he pulled on his beard, his expression “I need

that space for storage”, and his wonderful sense of humor. Most people remember him for his dedication to FCBMRDD, but Doug’s dedication reached beyond work. He was an extremely dedicated father and husband. He was also an avid outdoorsman; so much so, he planted over 700 trees on the family farm.

He is survived by his wife, Jane, son, Nick, mother, Lois and brother, Bruce. Everyone at ARC Industries North sadly misses Doug.



Doug Huber and his wife Jane together. Photo courtesy of the Huber family.

ECEFC dedicates outdoor space

Over 200 ECEFC staff, families and friends came together on the evening of May 18th to dedicate the facility's new Outdoor Learning Environment.

Located in the rear of the property at 2879 Johnstown Road, the space includes rolling hills, swings, slides and a community garden.

"This presents a wonderful opportunity for children of varied abilities and needs to engage in meaningful play and socialization," said Rebecca Love, Early Childhood Director.

Among those attending the festivities was Franklin County Commissioner Dewey Stokes.



Director Becky Love introduced the ECE Trailblazers, peer models in the original program.



Anna Crouch, seen here with her husband Keith Kilhefner and her family, raised funds to donate the Space Net, a specialized climbing apparatus for the outdoor learning environment.



Superintendent Jed Morison and County Commissioner Dewey Stokes watch the proceedings.



James Brochowski dedicated the fountain in the name of his daughter Meghan who had been an enrollee in the infant program. James and his family started a foundation in Meghan's name for just such projects.



Elizabeth, at left, Anna and Cynthia Macintosh played to an appreciative crowd.

Special hearts for special needs

by Julie George, Franklin County Children Services

Special needs children require families with special hearts. There is an ever-present challenge before Franklin County Children Services to find loving and permanent families for adoptable children. This challenge is more difficult for children who have special needs. Several children available for adoption through Children Services have emotional/physical challenges and are involved in services through MRDD. Children awaiting permanent families are beautiful youngsters who come from all walks of life. They are unique and special, but what they have in common is a real desire to become someone's son or daughter. Could you be their forever family?

In the state of Ohio, you must be at least 18 years old to adopt. You can be single, married, widowed or divorced. Married couples must be married for at least one year. Families in which one or both parents work can adopt. You can work full-time, part-time or at home. A stable income is the only financial requirement. Partners (persons living together) are eligible, but only one partner can adopt. You can live in a house, mobile home or apartment.

Children Services' Recruitment Department is always working to inform the community about the wonderful children who are available for adoption.



We would like to introduce Monique to you today.

Monique, age 8, is an active and inquisitive child who has a spunky personality and a good sense of humor. Her smile lights up the room! She continues to make considerable progress with her behavior, although her behavior escalates when she is tired or there is a change in her routine without sufficient preparation. Foster mom reports Monique has temper tantrums occasionally, but she takes medication to help control these behaviors. She is gentle with animals.

Monique likes to please others, and she does well when she receives considerable one-on-one attention. She does get jealous if other children take away from the attention she wants for herself. Monique is also working on establishing appropriate boundaries when she meets new people. Foster mom describes Monique as "outgoing, loveable and strong-willed." She is also affectionate and friendly. Monique likes to play with dolls and her Easy Bake oven. She is very feminine and wants to participate in ballet classes someday.

Monique is eligible for MRDD services and is in special education classes. Her teacher reports she exhibits some delays in her motor skills, and her cognitive and academic functioning are at the pre-school level. Monique requires a great deal of assistance with many of her daily living skills. She is looking for a family that is patient, loving and equipped to help her reach her full potential. If you have lots of time and love to give it to a child, Monique may be the child for you!

For more information about Monique or other children available for adoption, please call Franklin County Children Services at (614) 341-6060.

Star search continues

Nominations for the 2006 FCBMRDD Community Star Awards are now being sought. The deadline for submission of nominations is June 30th.

The awards program was begun by the Board in 2003 to recognize persons who contribute in extraordinary

ways to better the FCBMRDD community. Awards are presented in 14 categories.

Frank New, Director of Planning, serves as Chairman of the Awards Committee. "I'm looking forward to receiving many nominations for these awards," he said.

The awards will be presented on the evening of November 1st.

A nomination form is enclosed in this issue of *Dateline*. For additional forms or information, please call Frank at 342-5972.

Good For You

Notable Achievements in the FCBMR/DD Community

Career Milestones



Superintendent Morison shared flowers with Donna during the grand opening celebration.

ARC Industries employee **Donna Standiford** was prominently featured in the *Whitehall News* and the *Eastside Messenger* last month in connection with the grand opening of Creative Housing's apartments on Beechwood Road. Congratulations Donna!

After a long and distinguished career, **Carol Pranitch** retired as Assistant Administrator of the Heinzerling Foundation on May 5th. A former FCBMRDD staff member, Carol served the foundation since 1978. Best of luck, Carol!

David Dawson of the Transportation Department's West Compound won 4 medals in the Central Ohio Senior Olympics swimming competition at the Dublin Community Center on May 5th. He took silver in the breaststroke and gold in the backstroke, butterfly and freestyle. Way to go, David!

The Reynoldsburg Touchdown Club has established the "**Jason Nietfield** Memorial Award" through which the club has made a \$500 donation to Reynoldsburg Special Olympics. Jason, who passed away last January, was a 1997 graduate of Reynoldsburg High School, and an active participant in Special Olympics.

Virginia Forsyth reports that West Central School's intermediate level students have been having a blast this Spring. Activities have included a pajama party, a Cinco de Mayo festival, a visit to Franklin Park Conservatory and a picnic on the school's courtyard. What a great way to ease into Summer!

30 years

Richard Cotter
Christine Reese

20 years

Steven Bassett
Andrea Stonebraker

15 years

Amy Baird
Keith Hurt
Linda Stubbs

10 years

Joseph Ash
Dorothy Royal
Kimberly Whiteous
Jodi Zill

5 years

Michael Bryant
Renee Zingerman

Garage Sale on June 3rd

The Early Childhood Education and Family Center will join forces with the Early Childhood Learning Community to host a garage sale on Saturday, June 3rd, from 9 a.m. to 2 p.m. The sale will be held at 4141 Rudy Road on the northwest side of Columbus. Proceeds will go to the Citizens Committee for Persons with Mental Retardation to assist future levy campaigns.

5 6/2006

ADD's busability program has new name



The busability program operated by the Association for the Developmentally Disabled (ADD) got a new name on May 1st: ADD's Community Access Training (CAT).

The program, which has been offering community travel training since the early 90s, is under contract with the Central Ohio Transit Authority (COTA) to provide travel training services. The program is a member of the Association of Travel Instruction, a national organization providing technical support for travel training programs.

This program trains people to ride COTA buses safely and independently while connecting them to new community resources. The program has served up to 100 people per year totaling close to a thousand people.

If you are interested in finding out more information about this program, please contact Latosha Coss at 342-5653.

Catch the chicken at the Coop



The San Diego Chicken is making an appearance at Cooper Stadium on Friday, June 16th. This is also the Knights of Columbus night and the last day to use your tickets purchased from Special Olympics. Tickets are still available for just \$2 each (that is \$3 off the general admission price). Please call Dee Hively (342-5984) or Andrea Stonebraker (342-5989) to purchase your tickets. Proceeds from the sale of these tickets benefit our Special Olympics program.

Dateline

The Franklin County Board of Mental Retardation and Developmental Disabilities

Mildred Blumenfeld
Bruce Burns
Paul S. Coppel
Ben W. Hale, Jr.
Dr. Raymond A. Horn
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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News releases, story ideas and suggestions should be sent to **Martin Kerscher** at:

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Calendar

June, 2006

- 3** ECLC Garage Sale, 4141 Rudy Rd., 9 a.m. to 2 p.m.
- 3** Special Olympics Area 6 Gymnastics. Please call Andrea Stonebraker at 342-5989.
- 4** Special Olympics Delaware Meet. Please call Andrea Stonebraker at 342-5989.
- 6** Graduation, West Central School, 1481 West Town St., 7 p.m.
- 7** Graduation, Northeast School, 500 N. Hamilton Rd., Gahanna, 7 p.m.
- 7** Last day of classes, ECE program.
- 8** Last day of classes, FCBMRDD schools.
- 13** Franklin County Residential Services Board of Trustees meeting, 1021 Checkrein Ave., 11 a.m.
- 14** Flag Day
- 14** FCBMRDD Human Resources Committee meeting, 2879 Johnstown Rd., 4:30 p.m.
- 18** Father's Day
- 21** Summer begins.
- 21** Parent League meeting, 2879 Johnstown Rd., 9:30 a.m.
- 22** FCBMRDD Finance Committee meeting, 2879 Johnstown Rd., 3 p.m.
- 22** FCBMRDD Board meeting, 2879 Johnstown Rd., 5 p.m.
- 23-25** Special Olympics State Summer Games, the Ohio State University. Please call Andrea Stonebraker at 342-5989.
- 26** ARC Industries Board of Trustees meeting, Holiday Inn On-the-Lane, 11:30 a.m.

"Quotable Quote"

"Summer afternoon - to me those have always been the two most beautiful words in the English language."

- - *Henry James*

"Keep your face to the sunshine and you cannot see the shadow."

- - *Helen Keller*

Information about FCBMRDD is always available on the internet at:

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