



## **B.R.I.D.G.E.S.**

**Building Relationships Intentionally to Develop  
Growth and Exemplary Services**

{July 2020}



## **FORECAST**

**WELCOME!**

**July** maybe known as the month of fun, but it is also known as the “Dog days of Summer” (July 3 – August 11). The most celebrated holiday is the 4th of July, but this month has other things to celebrate as well. A few things to celebrate include:

- National Ice Cream Month
- July 7 National Strawberry Sundae Day
- July 10 National Kitten Day
- July 13 National French Fry Day



The Dog Says of Summer could signify “hot sultry days and nights” or “not fit for a dog”. Actually, it is in reference to the time the sun occupies the same region in the sky as Sirius, the brightest star visible from any part of the earth. This star is part of the constellation Canis Major, the Greater Dog. The star Sirius is sometime called the Dog Star. In the summer, the Sirius star rises and sets with the sun.

**KUDOS**



To ABC Health Care's- **Denise McAvoy**, Director of Nursing.

She has been a fantastic advocate/support for the individuals we serve. She attends zoom meetings and goes above and beyond to be present, listen, provide the best individualized care. If something isn't working she helps the team problem-solve and will call doctors and pharmacies to get the information the team needs. She has also called emergency rooms and hospitals to request and receive documentation that the individual or the team was not able to locate. Her recommendations and knowledge have been essential in the improvement of medical care for the folks or these teams, what an asset! We are happy to recognize her hard work!

## **PATHS TO SUCCESS**

### **OACB's Good Life: Beginner's Mind**

Beginner's Mind is a tool introduced by the Ohio Association of County Board's (OACB) Good Life program. It is a concept which prescribes a child's attitude of curiosity and openness; these skill traits lend themselves to an eagerness to learn and try new things without the preconceptions that sometimes come with an adult's

expert mindset. While expert's skills in any given area are very much needed on one's path to success, so too is a beginner's mindset because it opens us up to ask questions and to look for and at details we might otherwise miss.

Examples of using a beginner's mindset can come from the things children say or ask in response to their problems. The following examples were taken from an article on the boredpanda.com website; the name of the article is, "70 of the craziest things kids asked and said to their parents." Here are a few of the examples they gave:

1. 4-year-old to his mom: "Can we get a kitten?" Mom: "I'm allergic. We can't sleep in the same house." Child: "You could sleep outside."
2. 6-year-old to his mom: "Why do bad guys always try to take over?" Mom: "They want to be in charge and make all the rules." Child: "Why don't they become moms?"
3. Dad: "Come on, you guys are late!!!" 11-year-old: "You should have started yelling at us earlier!"
4. Child: "What did I earn for being good today?" Mom: "My love and affection." Child: "I don't want that!!!"
5. 4-year-old: "What happens if your phone goes in the potty?" Mom: "Why?" Child: "Never mind."

Ok, so the solutions the children came up with may not all be feasible, lol!!! However, it's the simple way of thinking that we sometimes need to return to in order to find a solution to some of the dilemmas we face, the answer may be right in front of us and we may not see it when in our expert minds! (And you'll have more fun too!) So, on your life journey, make sure you access your inner-child. Depending on how you look at things, even with all of life's ups and downs (and quite possibly because of them), traveling on the path of success can be a fun ride if we keep in mind that success lies on the way there... the path is part of the journey!

## **LAMPOST**

### **Excerpt from "The Disability Scoop" News Letter**

By Phil Anastasia

*"Visits from horses brighten lockdown for those with special needs"*

Lauren Maqboul said her son was happy. He was also confused... in her words, it was "a good confusion" for her son Cameron, a 4 year old with autism and attention deficit hyperactivity disorder. Big Mac and Bleu, two miniature horses, along with their handlers made an appearance at his home!

Cameron had been taking riding lessons every Thursday at Pegasus Therapeutic Riding Academy. They offer horse riding lessons to individuals with special needs. Cameron's interactions with the horses work wonders. Lauren stated her son is calm, quiet, and follows instructions when working with the horses. Since the Covid-19 outbreak Cameron has not been able to go horseback riding. Pegasus has been closed since mid-March. Volunteers brought the horses to the family home. Pegasus now goes "on the road" with the horses for a \$40.00 donation. The home visits last 30 minutes. Jillian Hart, a Pegasus volunteer, said it's great to bring a smile to the children and their families.

## **DSP of the Month**

### **Congratulations to Marie Olinger of Assured Health**

**Who has been chosen as the DSP of the Month for July 2020!**

**Marie** was nominated by Assured Health Management, who shared the following comments:

**Marie is a house manager for Assured Health. She has brought a whole light to the life of the person she serves. Since Marie started working with one particular individual, she has become more independent, such as having**

---

alone time in the morning before her bus arrives for work. Marie has helped her work on getting in better health, walking more, and making healthy meals. They even participated in healthy cooking classes at the hospital. The individual's longtime boyfriend ran into some housing issues and moved in with her temporarily. Marie didn't bat an eye. She quickly turned into a couple's counselor and encourages them to spend time together and apart! 😊 Not only has Marie changed this individual's life, but she stepped into her role as house manager and has really taken charge. She coaches the staff in the house to be a great support for this individual. Marie has become a wonderful leader and is a great asset to Assured Health. We know that the individual that she provides services for is happy to have her be part of her family and so is Assured Health!

## COVID-19 Resources

Below we have listed important State of Ohio resources from the Department of Health and the Department of Developmental Disabilities:

- If you have questions and want to ask for guidance regarding Coronavirus/COVID-19 please call the **Ohio Department of Health** at **1-833-4-ASK-ODH** (1-833-427-5634)
  - **DODD's COVID-19 Frequently Asked Questions** can be found at this link: <https://dodd.ohio.gov/wps/portal/gov/dodd/your-family/safety-security/resource-covid-19-family-faq>
  - **DODD Statewide Support Teams** can be accessed at: <https://dodd.ohio.gov/wps/portal/gov/dodd/about-us/support-team>
-



## TRAINING

All in-person training at the Lucas County Board of DD are still on hold, but we are offering virtual online trainings on Zoom now.

The July training calendar can be accessed

here: [https://mcusercontent.com/46f9edd74ac726fdf457dfe0f/files/8475a9c0-5170-4ec6-9ebb-95cae965899d/JULY\\_2020\\_calendar\\_.pdf](https://mcusercontent.com/46f9edd74ac726fdf457dfe0f/files/8475a9c0-5170-4ec6-9ebb-95cae965899d/JULY_2020_calendar_.pdf)

Please find a flyer for the upcoming Human Trafficking Conference below:

[Human Trafficking Flyer is linked here:](#)

You can still access **new provider** training free online at DODD's website at the following link:

<https://dodd.ohio.gov/wps/portal/gov/dodd/about-us/training/departments-provided-training/eight-hour-provider-training>. You will be prompted to make an account and it will keep track of which modules you have completed. You can print off a certificate at the end.

## "WARM LINE" for Emotional Support

In need of some emotional support while dealing with all things COVID-19?

Feeling lonely? Depressed? Anxious? Stressed? Scared? Angry?

Call the Lucas County Emotional Support Line:



## FIRST AID STATION

During these Summer months it is important to take extra warm weather precautions. Good

preparation is important for summer safety especially for people with developmental disabilities, medical conditions and the elderly so they can avoid health risks, such as dehydration, sunburn, and heat stroke. Medications can be a concern as well. In fact, some medications can inhibit perspiration, increase fluid loss or increase the risk of sunburn. It is suggested that you read the medication warnings and discuss with the pharmacist any weather-related risks factors.

## **A Few Summer Tips:**

- \* Avoid the sun between 10 AM and 4 PM.
- \* Protect the skin using sun screen with a sun protection factor (SPF) of 15 and higher. Apply sun screen 15 – 30 minutes before going in the sun and every 1 to 1 ½ hours thereafter. Reapply after swimming. Use a lip balm with sunscreen in it.
- \* Wear muted/light loose-fitting clothing, a hat. Wear sunglasses that absorb at least 90% UV rays
- \* Remember! Sunburns can happen on cloudy days.
- \* Maintain hydration with cool water and sports drinks; provide extra fluids at meal times. Drink at least 8 glasses of water a day. Avoid caffeine and alcohol.
- \* Eat cool snacks like popsicles. Eat lighter cooler meals; fresh fruit, pasta salads and fresh vegetables.
- \* Place a cool wet washcloth on the back of the neck
- \* If sitting outside, put your feet in a tub of water. Enjoy sitting in the shade.
- \* Keep the house cool as possible; air conditioning, fans and keeping the curtains closed during the hottest part of the day will assist in a cooler house.
- \* Open windows at night when air is cooler outside to allow cross ventilation if no air conditioning is available.



## **SHOOTING STAR**

**“If you have a zest and enthusiasm you attract zest and**



enthusiasm. Life does give back in kind”. - **Norman Vincent Peale**



## RESOURCES

***The Provider Supports Department staff are here for you!***

Pat Stephens, Director

Lisha Washington, Department Secretary

Julienne Hardman, Provider Compliance Coordinator

Lisa Poiry, Provider Development Coordinator

Jennifer Wolfe, Provider Training Coordinator

Sarah Diesch, MUI Coordinator  
Erica McElmurry, MUI Coordinator

Provider Support Specialists:

Dan Barda	Jenny Kinney	David McLaughlin	Terry Myers
Linda Repka	Sally Damschroder	George Woodget	Jane Meyer
Deetra Mitchell	Catherine Thanasiu	Michelle Cope-Morris	Gail Sanders

Success Coaches:

Faith McCreary and Sharon Calhoun

Technicians:

Sherrie Burkhardt, Mellisa Merritt, Sara Gardner, & Danielle Russell

Investigative Agents:

David Mullin	Mira Banks	Dana Myers
David Vaughan	Elizabeth Michael	Tiffany Rozzano
Erin Lee	Esquarteesha Quinn	Nathan Wolfe

***Helpful provider information is always available  
at the following websites:***

DODD: <http://www.dodd.ohio.gov/Pages/default.aspx#>

Lucas CBDD: <https://lucasdd.info/> (Click on "Provider Supports")