



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

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

{August 2020}



FORECAST

WELCOME!

"The month of August had turned into a griddle where the days just lay there and sizzled" (Sue Monk Kidd, *The Secret Life of Bees*)

August is the eighth month of the year, and one of the seven months to have 31 days. August does not start on the same day of the week as any other month, but starts on the same day of the week as February in leap years. It ends on the same day of the week as November every year.

August Observances

- * National Water Quality Month
- * National Black Business Month
- * National Children's Vision and Learning Month
- * Children's Eye Health and Safety Month
- * Peach Month
- * National S'mores Day – August 10

Children are susceptible to a host of vision and eye problems such as injury, infection and increased nearsightedness. In support of Children's Eye Health and Safety Month, remember to

have your children's eyes checked.

Stay up to date and keep an eye on the DODD website. There you will find updates and guidance on Adult Day Services, Transportation, Covid-19 issues and many other useful resources.

 **KUDOS**



TO
Rainbow Homes

...for their out-of-the-box thinking when serving individuals. They take a proactive approach on getting individuals out into the community by fostering and encouraging relationships between individuals and other community members. They keep individuals' interests in mind when working with them and when looking for things of interest to experience and/or participate in. They have assisted individuals in making community connections with employees who work at the YMCA, The Golden Corral, a Taco Bell and one of the fire stations. Their focus is on community integration while making a big difference in individuals' lives. Rainbow Homes does not settle for the bare minimum.

 **PATHS TO SUCCESS**

Thoughts About Your Path to Success

Have you ever woken up in the morning with joy in your heart, but as soon as you start your day you come in contact with people who are not as joyful? I sure have...and still do, I'm sure that's not ever going to change, so I figured I'd better! Since we can't change anyone but ourselves, I thought about what I could do to change so that I could maintain my joy even while in the midst of so many people who are not joyful. As I thought about it, and paid attention to what was happening around me and my reaction to it, I realized that I was allowing the challenges and moods of others to dictate my feelings; I was becoming the reaction that the pain others were going through was searching for. My joy was contingent on the joy of others, which stripped me of my personal power to maintain joy. I also realized that if I continued to do this, because of my inability to help myself, eventually I wouldn't be able to help others.

We all go through challenges and then, once we get through our most current challenge, we are to rest, rebuild, refresh, and basically prepare ourselves for the next one. The reality is that everyone is at a different point in that cycle. So, when I'm in the rest, rebuilding, refreshing, and preparing for the next challenge I am about to enter into, and I run into people who are in the middle of their current challenge and, if I allow their moods to affect mine, then when am I actually resting, rebuilding, and refreshing? How do we protect ourselves so that the negative moods of others do not affect ours? Also, compassion tells us to help others get through their challenges, but how do we rest and rebuild while helping others?

One thing we must do is learn to be empathetic without taking on people's feelings and emotions and without trying to solve everyone's problems and challenges for them; we must learn to simply lend a listening ear and offer suggestions (only when asked for suggestions, no unsolicited advice please). Realizing the truth of this, that I do not have to solve the problems of everyone who tells me their problems, has brought a great freedom to my life and it has allowed me the time to rest, rebuild, refresh, and prepare for whatever next challenge I am about to face as I appreciate the moment I'm in more readily. I've always been one to want to help others; however, in doing so, I always took on people's suffering and together with my own challenges, this was a recipe for disaster because I never seemed to have time to rest. Once I realized that I do not have to solve anyone's problems, but that I can help through listening and offering only solicited advice, with time and practice, I began taking on the negative feelings and emotions of others less and less.

With any change of habit, healing takes intentional living; it is a process that requires time and practice. After a couple of months I started noticing a difference in myself, I began holding on to the joy I woke up with for longer periods of time; knowing I did not have solve everyone else's

problems for them gave me freedom of thought and spirit, which I began to spend resting, rebuilding, and refreshing as I treasured the current moments of my life. An added benefit is that, as I choose to remain in the joy I wake up with in the morning, my compassion for others is growing. Even when they don't take the solicited advice I give them, it's ok, I realize it is because they are not ready yet; after all, we all learn in our own time.

May you live with intention as you choose your thoughts wisely and may you respond versus react...one circumstance, one day at a time as you continue to live in, with, and through joy on your path to success!

FUN FACT: www.scientificamerican.com says this about thoughts: "Scientists watch thoughts form in the brain. When a single neuron fires, it is an isolated chemical blip. When many fire together, they form a thought".



LAMPPOST

Disability Employment Documentary Headed to Television

By: Michelle Diamant

A film about an innovative business that is employing people with intellectual and developmental disabilities is airing on television stations across the country. The documentary "Hearts of Glass" tells the story of Vertical Harvest, a start up urban farm in Jackson, Wyoming. Its mission is providing competitive employment to people with developmental disabilities. Their hydroponic greenhouse, built on just a tenth of an acre, grows as much food as 10 acres of regular farmland.

The film follows the business during its first 15 months of operation and looks at how it is addressing issues around food production while also promoting inclusion. The goal of the film was to weave the drama of this cutting edge agricultural development with the stories of several employees with disabilities. Both environmental and social issues are being addressed. "Heart of Glass" has been shown at several film festivals and has more than 1,000 showings on over 200 public television stations.

DSP of the Month

If you would like to nominate a DSP to be featured in one of our BRIDGES newsletters, please complete the form at this link: https://mcusercontent.com/46f9edd74ac726fdf457dfe0f/files/e7b9df22-2383-4ba1-98af-230ac502f86a/DSP_of_the_Month_Nomination_Form.docx and submit to Jennifer Wolfe via email: jwolfe@lucasdd.org

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.

The August training calendar can be accessed here:

https://mcusercontent.com/46f9edd74ac726fdf457dfe0f/files/13f113cf-22be-4639-a506-0143efe63f8d/AUG_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



Summer usually means outdoor fun and relaxation. But studies show that exposure to bright sunlight may increase the risk of developing eye cancer, cataracts, sunburned eyes and growths on the eye.



American Academy of Ophthalmology 2020

Sunscreen is used to protect our skin, but how can we protect our eyes? Here is a list of suggestion to aid in protecting your eyes.

1. Wear sunglasses labeled 100% UV protection. Use only glasses that block both UV-A and UV-B rays and that are labeled either UV400 or 100% UV protection. Glasses that wrap around the side help protect the light from coming into the eyes on the sides. You will still need sunglasses if you wear UV- blocking contacts.
2. Wear eye protection when doing out door activities and sports. Working on the yard or other home projects requires protection from flying objects. Sports goggles will help protect the eyes from injuries. Even Swimming goggles help protect from Chlorine in a pool or other contaminants if in natural body of water.
3. Wear a hat. Hats with a broad-brimmed are best.
4. Protect you eyes against chemicals. Spray sunscreen can spray back into the eyes if used in windy conditions. Also watch out for hand soap, lotions and cleaning solutions.
5. Wash your hands often and avoid rubbing your eyes. Eye infections occur often from rubbing are eyes with dirty hands.
6. Eat healthy and drink plenty of water. Drinking plenty of water each day can aide in preventing dehydration. Dehydration can make it difficult to produce natural tears, leading to dry eyes. Drinking water can help provide fluid for normal eye function.

Remember:

- * Children need to protect their eyes too and it is never too early to use eye protection.
- * Clouds do not block the UV light; sun rays can go through clouds and haze.
- * Even though these tips are great for summer time, we must protect our eyes all year round.

Resource:

American Academy of Ophthalmology & Goodeyes.com



SHOOTING STAR

To put a smile on your face, watch this video about **Ruby** , she is a Treasure. A beautiful young lady, Ruby is 1 in 12 people in the world diagnosed with **Stromme Syndrome**. **Stromme Syndrome** causes vision impairment, microcephaly, intestinal issues, slowed growth and developmental issues. Thank you to *Special Books by Special Kids* for this video.

<https://www.youtube.com/channel/UC4E98HDsPXrf5kTKlgrSmtQ>

You're
never fully
dressed
without a
smile! 
-Annie



RESOURCES

The Provider Supports Department staff are here for you!

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***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")



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