



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

**B**uilding **R**elationships **I**ntentionally to **D**evelop  
**G**rowth and **E**xemplary **S**ervices

{October 2020}



## **FORECAST**

**WELCOME!**



It's the time of year for beautiful colors of red, orange and golden yellow. **October's** weather begins to get chilly, the leaves fall to the ground, pumpkins and cornstalks are all around.

**October** celebrates:

- National Apple Month
- National Caramel Month
- National Chili Month

- Positive Attitude Month

In October, we celebrate Down Syndrome Awareness.

It is a chance to celebrate the abilities and accomplishments, to promote the acceptance and inclusion of individuals with Down Syndrome. The National Down Syndrome Society's mission is leading human rights organization for all individuals with Down syndrome. The vision of the organization is a world in which all people with Down syndrome have the opportunity to enhance their quality of life, realize their life aspirations and become valued members of welcoming communities.



The symbol for Down Syndrome is three arrows. The number three is representative of the three 21st chromosomes that result in Down Syndrome. The arrows, represent “rise up and move forward” which is very meaningful for parents.

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Wear a yellow and blue ribbon for Down Syndrome Awareness. It's not about disabilities, it's about Celebrating Abilities!

Reference:

National Down Syndrome Society <https://www.ndss.org>





TO  
**R&R Residential**

For empowering their individuals to learn the skills they need in order to be as independent as possible. R&R takes the time to work with each individual by having the patience, listening skills and gaining the sincere trust it takes in order for the individual to reach their full potential and independence. The growth in 3 individuals specifically since R&R Residential has served them has been of amazing measures. One individual went from living in a 24/7 supervised group home to now residing in his own home with hours of staffing he and his staff have come up with together. Another individual went from residing with her parent for 40 plus years to having her own apartment and having the skills that she is building on and making her feel so much worth and meaning. Another individual moved from a group home and now resides in his own apartment and is beginning to take steps towards responsibilities and taking pride in himself.



## **PATHS TO SUCCESS**

### **Gentleness Produces Strength and Helps on the Path to Success**

Ohio Association of County Board's (OACB) Good Life Program includes a concept they call, *Being a Gentle Wind*. Some say those who are gentle are weak-minded, when in fact, the

argument for this way of thinking is what proves to be weak. Wikipedia defines gentleness as “...a strong hand with a soft touch. It is a tender, compassionate approach toward others' weaknesses and limitations. A gentle person still speaks truth, sometimes even painful truth, but in doing so guards their tone so the truth can be well received.”

On his website, [www.andymort.com](http://www.andymort.com), Andy Mort lists these characteristics of a gentle person:

1. Gentle people acknowledge the truth of what is being felt
2. Gentle people make and embrace the time and space between something happening and when to respond to it.
3. Gentle people allow themselves to care
4. Gently people find reasons that ignite positive motivation.
5. Rather than reacting, gentle spirits embrace their ability to choose.
6. Gentle people cultivate human connection, empathy, and understanding
7. [Gentle spirited people observe the world and reflect on what they observe as part of learning and growing for the future.](#)

I've heard people call those who are gentle, “Velvet Hammers,” because they have the skill set that is necessary to let people know when they've crossed a boundary without making them feel belittled or disrespected. A person with a gentle personality is a gift to those around them and it is a character trait that increases the chances of living a successful life filled with joy, even while in the midst of challenges, as we travel on the path to success.



## LAMPOST

### **The Children's Department is seeking Heroes to help tired Caregivers!**

**We are looking for providers who are energetic, good with children, and have the ability to provide respite.**

Please see the flyer below for more information:

[https://mcusercontent.com/46f9edd74ac726fdf457dfe0f/files/3b0a3652-5726-430b-be6d-16835688b46e/Children\\_Respise\\_Flyer.pdf](https://mcusercontent.com/46f9edd74ac726fdf457dfe0f/files/3b0a3652-5726-430b-be6d-16835688b46e/Children_Respise_Flyer.pdf)

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**“Millions Awarded In Rental Assistance For People With Disabilities”**

Federal officials are sending millions of dollars in rental assistance to help people with disabilities in a dozen states. The U.S. Department of Housing and Urban Development said this month that it will distribute \$74 Million to state housing finance agencies to support 2,400 housing units for up to five years. Housing agencies selected for the grants are working with Medicaid and other human service agencies in their states to identify people with disabilities who need long term services in order to live independently. Awards ranging from 1.3 Million to 7 Million are headed to State Agencies in AZ, CO, CT, IL, IN, La, MA,MN, MO, NJ,NC, and TX . Over 35,000 households receive assistance from the section 811 program as indicated by the Department of Housing and Urban Development.

### **\*\*\*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](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](mailto:jwolfe@lucasdd.org)

## **TRAINING**

**[ALL TRAINING IS OFFERED VIRTUALLY ON ZOOM AT THIS TIME.](#)**

The **October training calendar** can be accessed

here: [https://mcusercontent.com/46f9edd74ac726fdf457dfe0f/files/2d0d8d9b-6d50-4430-9296-a7385a1b0e92/OCT\\_2020\\_calendar.pdf](https://mcusercontent.com/46f9edd74ac726fdf457dfe0f/files/2d0d8d9b-6d50-4430-9296-a7385a1b0e92/OCT_2020_calendar.pdf)

You can also 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.



## ALL ABOUT ZOOM!

As ISP meetings and provider trainings go virtual, we have all been learning new skills to keep up with our online work. We have linked a helpful video resource for using Zoom on your computer or phone here: <https://youtu.be/mbbYqiurgeo>

For Provider Training sessions, we have some **Zoom Etiquette Expectations** that we ask all attendees to abide by.

1. Choose a dedicated spot to sit during the training that allows you to stay focused and participate in the training.
2. Put your microphone on "mute" so any background noise is not heard by other attendees.
3. Keep your camera on, and pay attention during the training.

Thank you for supporting these expectations so that we can continue to offer free provider training that is educational and useful to all!



## FIRST AID STATION

### Staying healthy and kind to yourself this fall season

As the days grow shorter and the temperature drops, it is easy to hibernate and put one's self on the "back burner". It is time to listen to your body and mind and give it some self-care. Show kindness to your body, spirit and mind. Here are some ideas to help you get started.

1. See and talk with your primary care doctor for a wellness checkup.
2. Boost your immune system, drink plenty of water to stay hydrated, wash your hands often and eat nutritious foods.
3. Nourish your body and minds. It is important to have healthy and non-processed food in your diet. Add a variety of color to your meals with in season fresh foods. For example, apples, pears, key-limes, beets, broccoli, cabbage, eggplant, kale, pumpkin, sweet potatoes, squash, dark leafy greens.
4. Stay Active and Exercise. Fight the lethargic feeling and move your body more. This can be as simple as taking walks, doing yoga or lifting light weights. Remember, talk with your physician if you want to start an exercise program.
5. Make time and create a space for sleep. During the fall season your body's natural energy level will drop due to less sunlight. You may need more rest or sleep to

recharge. Create a sleeping space that is cooler in temperature plus quiet and peaceful. Sometimes a “white noise” machine helps.

6. Minimize screen time from phones, tablets, computers and TV’s. Doing this will help eliminate the “light pollution” you get from screens that create sleep disturbances.
7. Get some fresh air. Being outside in the fresh air helps increase and regulate the body’s natural energy levels.
8. Stay well-groomed and get dressed for the day. Change out of the pajamas!
9. Wear layers of clothing and protect your body from the dropping temperatures. The fall season increases slippery pavement and grounds due to rain, icy rain and snow. Have a pair of waterproof, slip-resistant shoes or boots.
10. Moisturize your skin. Indoor temperatures can dry out you skin as well as the harsh weather outside. Remember, to use a moisturizer with sunscreen.
11. Find your own stress reducer. For example, take a long hot bath, read a book, sip hot tea or hot apple cider, listen to music or dance to the music.

Remember to take care of yourself. Stomp out negative thoughts and turn the thoughts into positive ones. Move your body and let your light shine.

References:

<https://www.activeminds.org> - Ways to Stay Healthy This

Fall

<https://happyologist.co.uk> - 9 Energy Boosters to Help You Beat the Autumn Blues



## 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>

## "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:



## SHOOTING STAR

**Teen with Autism becomes an Art Sensation:**

<https://youtu.be/75nPBgUINMA>



## 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  
Meredyth Brown-Grycza

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      Tiffany Rozzano      Nathan Wolfe  
Erin Lee      Esquarteesha Quinn      Tammy Jones  
Tracey Merrithew

***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")