



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

Building **R**elationships **I**ntentionally to **D**evelop
Growth and **E**xemplary **S**ervices

{November 2020}



FORECAST

WELCOME!



November is the Awareness Month for:

Diabetes Awareness

Alzheimer's Disease Awareness

Epilepsy Awareness

November Celebrates:

National Native American Heritage

Peanut butter Lovers

Sweet Potatoes

November is the 11th month of the year and the last full month of Autumn. In the USA and Canada, it is also known as “No-shave November” for national beard month. If one celebrates their birthday in November, they share it with Mark Twain, America author and humorist, November 30 and Bruce Lee, martial artist and film star, November 27. November has the Thanksgiving Holiday followed by Black Friday shopping day. Many folks take time to bake a sweet potato pie or peanut butter cookies and let the senses come alive.



Remembering John Grant



The provider community has lost a treasured member. John Grant, CEO of You First by Grant Services, passed away unexpectedly on October 25, 2020. John was well known for his love and compassion for individuals with disabilities. We in the Provider Supports Department send our condolences to John's family and staff during this difficult time.





This is a Kudos shout out from SSA Susan Peth.

A **BIG Kudos** to Independent Provider **Tommie Mickles!!!** Tommie is a fairly new provider, who has been excellent with one of the individuals on my caseload. She is patient (I cannot stress that enough), available, and always keeps in great communication. She became an independent provider right about the time the pandemic took hold. That was my last meeting face to face with someone. The individual on my caseload was her first client, and may be her only one still. Tommie keeps me in the loop, goes out of her way to accommodate her last minute needs, and is great helping her problem solve.



PATHS TO SUCCESS

The Kindness of Strangers

We tell our children not to talk to strangers, and rightly so! Then, as we grow into adulthood and are better able to discern someone's kindness from others who only *act* kind but have ulterior motives, we begin to realize that it is the true kindness of good intentioned strangers that can help to soothe our troubled hearts as we face the challenges of daily life. The *little things* can serve to mean a great deal. The definition of the word kindness, as stated in Google's dictionary, is "The quality of being friendly, generous, and considerate." Wikipedia defines kindness as follows, "Kindness is a behavior marked by ethical characteristics, a pleasant disposition, and concern and consideration for others. It is considered a virtue, and is recognized as a value in many cultures..."

Even as kindness is described above, some consider kindness a weakness. Psychology Today writes

this about kindness, “While kindness has a connotation of meaning someone is naive or weak, that is not the case. Being kind often requires courage and strength. Kindness is an interpersonal skill.”

When we are kind to others, we open our eyes to their suffering and offer support and assistance whenever possible to lessen it for them; once asked, if help is accepted, by opening doors, sharing a smile, or carrying someone’s packages for them, we help carry their present burden, thus lessening the load, even if only for a moment. As we provide these supports, our hearts soften and the stress we sometimes feel in our lives decreases its hold on us; our burden becomes lighter as well. There is a personal freedom and strength that comes to those who are kind to others and this moves them forward on the path to living a successful life as they are able to experience joy on their journey.



LAMPPOST

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

Providers are needed 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_Respite_Flyer.pdf

‘Sesame Street’ Helping Kids With Autism Learn To Wear Face Masks

by Shaun Heasley | September 23, 2020

"Sesame Street" Muppet Julia, who has autism, is central to the online initiative "See Amazing in All Children." With a collection of new materials, “Sesame Street” is working to help kids with autism adapt to wearing face masks and other realities of living through a pandemic.

Sesame Workshop, the nonprofit behind “Sesame Street,” unveiled a series of videos this week featuring Julia, a 4-year-old muppet with autism, as she encounters the various ways that the world has changed as a result of COVID-19. The videos show Julia going on a virtual playdate with Elmo, practicing wearing a face mask during a video call with her dad and learning to deal with changes as she visits the park for the first time in a long time. In addition to the videos, Sesame Workshop is also offering articles and stories to help parents and caregivers support their kids on the spectrum as they deal with changes

in routine.

“We know that children with autism and their families are experiencing unique challenges during the COVID-19 pandemic, and that schedules, routines and guidelines can change with little warning,” said Jeanette Betancourt, senior vice president of U.S. social impact at Sesame Workshop. “The new resources are designed to help families manage unexpected circumstances, familiarize children with important new behaviors like wearing masks and incorporate practical strategies into their day-to-day lives — all with a little help from Julia.”

The content released this week is just the latest from Sesame Workshop designed to help children cope with the pandemic. This spring, the organization rolled out its “Caring for Each Other” initiative with resources to help families manage anxiety and establish new routines. At that time, they also offered coronavirus-related tips specifically for families of those with autism.

The autism materials are part of the broader “Sesame Street and Autism: See Amazing in All Children” initiative, which launched in 2015 and includes a range of online videos and resources and a handful of “Sesame Street” episodes focused on Julia.

*****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

TRAINING

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

The **[November Training Calendar](#)** can be accessed here:

https://mcusercontent.com/46f9edd74ac726fdf457dfe0f/files/a62224a1-b9cb-4beb-af34-676bece5e76e/NOV_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/department-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



Surprising Benefits of Gratitude

The COVID-19 Pandemic is wreaking havoc on our nation and the world. There is a new "normal" that we all have to engage in, wear a mask, wash your hands and social distance. Even

in the midst of what truly is a terrible moment in time, having an “Attitude of Gratitude” is a feeling of being thankful and appreciative. There are many health benefits of gratefulness.

1. Improves physical health: It may lower blood pressure, fewer aches and pains and improves immunity.
2. Improves mental health: Gratitude has been linked to fewer toxic emotions, like resentment and envy. It effectively increases positive emotions like happiness and reduces depression.
3. Improves sleeping: Being thankful helps one sleep longer and feel more rested when you wake up.
4. Improves self-esteem: Having gratefulness can reduce social comparison and increase the belief in oneself.
5. Increase energy: It is reported that gratitude increases level of alertness, enthusiasm, determination, energy and attentiveness.
6. Improves relationships: Saying thank you is not only good manners, but it shows appreciation. Gratitude and appreciation can help develop new relationships or deepen current ones.
7. Increases mental strength: Acknowledging what one has to be thankful for, even during difficult times, can foster resilience.

Remember, showing thanks and being grateful is not just reserved for Thanksgiving Day. Showing thanks and having an attitude of gratitude can improve your life year-round.

References:

<https://www.forbes.com>

<https://www.inc.com>

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

“

Believe in yourself so strongly that the world can't help but believe in you, too.

UNKNOWN

AVEMATEIU.COM



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 | 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")