

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

Building Relationships Intentionally to **D**evelop
Growth and **E**xemplary **S**ervices

{January 2021}



FORECAST

WELCOME!



January was named for the Roman god Janus, known as the protector of gates and doorways, which symbolizes beginnings and ends. This is one reason that many start January with new year's resolutions.

January is a time to look ahead for the new year. Starting this year out with a bucket list, not for the whole year, but for the month of January can be just the thing for a fresh start. There are many ways to add fun and lift our spirits even when staying home and socially distancing when out in public.

- Make homemade hot chocolate and add some extra goodies by adding candy canes, cinnamon, marshmallow or whip cream.

- Take a virtual cooking class and learn a new dish.
- Take a virtual tour of your favorite or desirable vacation spot.
- Have an indoor picnic; move the furniture back and place that blanket on the floor.

As a provider, especially a DSP, taking care of yourself while at work is essential. This January, let's take a look at effective ways to pace yourself and take micro breaks during the day. These quick tiny breaks will actually fit into the schedule and will benefit your physical and emotional health. When your shift is packed and things don't go as planned, it is even more important to find just a few minutes to rejuvenate. Sometimes you can include the individuals you work with. Some possible ideas may include:

- Watch a funny video and let the laughter happen.
- Take 10 slow breaths: breath in through the nose and out through the mouth
- Drink a glass of water. Dehydration makes you tired, headachy and cranky.
- Listen to upbeat music.
- Breathe in fresh air. Step out onto the porch or, if possible, take a quick 5-minute walk outside.

January Celebrates:

- New Year's Day - January 1
- Martin Luther King Jr. Day – January 18
- National Popcorn Day – January 19
- Book Blitz Month
- Get Organized Month
- Oatmeal Month



The Lucas County Board of Developmental Disabilities offices will be closed between 12/24/2020 and 1/3/2021. The MUI Unit and the Service and Support Administration will have staff on call during that time. *The On-Call number is 419-380-5100.*



TO



for continuing to press on and move forward in carrying out John's vision, by providing the best services possible to the people they serve and creating opportunities for those people after a tough time over the past few months. Also, kudos for keeping **All Together Now Records** open to continue serving the community.



Kelley Watson, Recreation Specialist at the Board, creates a weekly calendar that includes virtual events offered through We Thrive and Lucas County Special Olympics! These activities are open to any person, with or without a disability. The calendars can be accessed by clicking the following link: <https://lucasdd.info/services/special-olympics/> and clicking on "Virtual Calendar." If anyone has any ideas of virtual activities they would like to see on the calendar, please contact Kelley at kwatson@lucasdd.org. She is always open to trying new activities and will do her best to make it happen.



PATHS TO SUCCESS

Worst Case Scenario

Have you ever been so sure of something you were willing to make a bet with someone that you were right only to find out how very wrong you were? Our perceptions can sometimes cloud the accuracy of what we see or hear. Details and recall become clouded by our judgments. Then, on top of that, what if we have habitually lived the philosophy, “I plan for the worst and hope for the best!” Not that it’s not good to have a “Plan B,” but we must find balance between time spent creating plans a, b, (and maybe even c and d) and living a joyful life, free of so much worry and anxiety. If we’ve lived in the “worst case scenario” school of thought most of our lives, the worst is what we begin to see in ourselves and in others. Subsequently, fear and mistrust become our “go to” response when we connect with others and with life in general. On the path to success, our thoughts, which move us to the actions we take and builds our personal character, should be chosen wisely and fed through wise discernment. Otherwise, the paths we take will lead to places we never wanted or even intended to go.

I’d like to share a poem I heard, which I believe demonstrates how, when we look for the *worst* in people, we will find it....even when it’s not true:

The Cookie Thief

by Valerie Cox

A woman was waiting at an airport one night, with several long hours before her flight. She hunted for a book in the airport shops, bought a bag of cookies and found a place to drop.

She was engrossed in her book but happened to see, that the man sitting beside her, as bold as could be. . . grabbed a cookie or two from the bag in between, which she tried to ignore to avoid a scene.

So she munched the cookies and watched the clock, as the gutsy cookie thief diminished her stock. She was getting more irritated as the minutes ticked by, thinking, “If I wasn’t so nice, I would blacken his eye.”

With each cookie she took, he took one too, when only one was left, she wondered what he would do. With a smile on his face, and a nervous laugh, he took the last cookie and broke it in half.

He offered her half, as he ate the other, she snatched it from him and thought... "Oooh, brother.

This guy has some nerve and he's also rude, why he didn't even show any gratitude!"

She had never known when she had been so galled, and sighed with relief when her flight was called. She gathered her belongings and headed to the gate, refusing to look back at the thieving ingrate.

She boarded the plane, and sank in her seat, then she sought her book, which was almost complete. As she reached in her baggage, she gasped with surprise, there was her bag of cookies, in front of her eyes.

"If mine are here," she moaned in despair, "the others were his, and he tried to share." Too late to apologize, she realized with grief, that she was the rude one, the ingrate, the thief.



LAMPOST

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

Lucas County Children's Services is offering free, live, online learning experiences through the Parent Empowerment Institute. These sessions will take place January through March. See attached flyer for registration information and details.

https://mcusercontent.com/46f9edd74ac726fdf457dfe0f/files/c03e02dc-083f-42ed-b586-e6eee945254d/PEI_Flyer.pdf

Provider Certification Rules under Revision

Rule 5123:2-2-01 (Provider Certification) establishes procedures and standards for certification of providers of supported living, including Medicaid-funded Home and Community-Based Services provided in accordance with Section 5123.045 of the Revised Code. "Supported living" is defined in Section 5126.01 of the Revised Code and means services provided to an individual with a developmental disability through

any public or private resources that enhance the individual's community life and advance the individual's quality of life by providing the support necessary to enable the individual to live in a residence of the individual's choice. The rule governs two types of providers in Ohio's developmental disabilities service delivery system: agency providers (entities that employ staff who provide the services) and independent providers (self-employed persons who provide the services and do not employ, either directly or through contract, anyone else to provide the services).

DODD is proposing to rescind rule 5123:2-2-01 and adopt two replacement rules:

- 5123-2-08 (Provider Certification - Agency Providers)
- 5123-2-09 (Provider Certification - Independent Providers)

These rules are projected to go into effect around May 2021. For a chart of the proposed changes, please see the following links:

AGENCY PROVIDER PROPOSED

CHANGES https://mcusercontent.com/46f9edd74ac726fdf457dfe0f/files/cef34d77-a9a9-4158-b2d9-ac15f29ac3e1/Crosswalk_Agency_Provider_2020_11_09.pdf

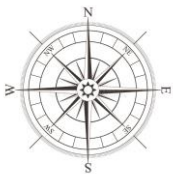
INDEPENDENT PROVIDER PROPOSED

CHANGES https://mcusercontent.com/46f9edd74ac726fdf457dfe0f/files/2c7ff6bd-7961-4af5-bf27-9e6e9bf7a73e/Crosswalk_Independent_Provider_2020_11_09.pdf

*****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



GUIDES

Meredyth Brown-Grycza

Meredyth started working with the Board in 2002 and just celebrated 18 years of service on

December 9th. She worked as a SSA until August 3, 2020. She then moved to the Provider Supports Department where she has felt very welcome. Although she has not had the opportunity to work “in person” with everyone, she knows the day will come when she will have that opportunity.

When Meredyth is not working, she enjoys spending time with her husband, her 17 year old son, her 13 year old daughter, and cuddling with their dog. She keeps busy watching and cheering on her children participating in their chosen sports such as hockey, soccer, basketball, and running cross country. She also enjoys working out with a small group of friends outside and virtually, and keeping in contact with her close friends (life long and from work) whom she also considers her family.

LOOKING BACK

A HISTORY OF DISABILITIES

By Terry Myers

This month in disability history takes a look at advancement for the blind. On January 4, 1809 Louis Braille was born in Coupvray, France, near Paris. As many may know, Braille was blind. However, he did not go blind until the age of three, when an accident with a sharp leather punch resulted in his loss of sight. In 1818, Braille was sent to school at the Royal Institute for Blind Youth in Paris. This school was started by Valentin Huay.

While at the school, Louis gained an idea from a retired French army captain who visited the school. The captain used a method which he developed for his troops to communicate at night without talking. This system was difficult for the soldiers to use and understand. The captain thought that maybe the blind youth could benefit from it. However, it was also too difficult for them to use. Louis experimented with the system and made changes. After two years, at age 15, Louise used a pointed stylus, a wooden writing board and thick paper to create what became known as “Braille.” It was far more successful for the youth and was much easier to understand. As the direction at the school changed, the new director did not allow the youth to use the system because the teachers with sight felt that they would not be needed if the youth became too independent. Over time, Louise wrote music and books as his health declined and experienced great disappointment from the fact that his system was not allowed use. Louise passed away in 1852. Two years later, the French government approved his system. In 1878, the World Congress for the Blind voted to make Braille the system of reading and writing for all blind people worldwide. The United Nations has helped Braille to be adapted to almost all known languages.

Incidentally, Louis Braille used a sharp pointed object to create a better way of life for blind people all over the world. The irony is that a sharp pointed object at age three was what caused his blindness.

TRAINING

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

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

https://mcusercontent.com/46f9edd74ac726fdf457dfe0f/files/6da2182e-452e-40bc-b448-695a4c2b991e/January_2021_Provider_Training.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 continue to be held virtually, 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. Please sit upright and be attentive.
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. Dress appropriately as others will be able to see you on camera. Please limit distractions in the background.
4. Absolutely **NO DRIVING ALLOWED**. If you are driving during the training, you will be

removed from the Zoom training and will not receive a certificate. This is to ensure the safety of yourself and others.

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



Can the Holidays be stress free? Traditionally, the days before Thanksgiving through December have always been considered stressful, and this year is no exception. With everything in our lives feeling as though it is being held captive during this year of Covid-19, our stressors are amplified. But there are ways to help reduce some of the stress and anxiety.

“Keep it Simple and Be Kind!”

- **Managing Holiday Stress** – Don’t hibernate and block the world out. Instead, try adopting some new traditions that can infuse a little more strength, stability, and joy into these upcoming days.
- **Reach Out** - Spend time with someone who gives you comfort, someone you love and trust. Avoid isolating yourself....and be there for a friend or family member who might be struggling. Whenever possible, reach out and connect visually and verbally with your loved ones, friends and even social events through the use of technology.
- **Create New Traditions** - Approach the holiday season as an opportunity to make new memories and adopt new trends. Stay positive and treat the holidays as a chance to indulge in the kind of celebrations you have always wanted to have.

- **Give Back** - If you're able to help a family or a local organization in need, the holiday season is a great time to teach your family about service and kindness. Get involved in community and place of worship activities like giving trees, coat drives, and food closets. Involve the whole family in making "thinking of you" cards and drawings for grandparents, nursing home residents and other shut-ins.
- **Avoid Financial Stress during and after the Holidays** - Financial stress can significantly impact your mental health, but the combination of coronavirus and the holidays can feel like a perfect storm. Before you do anything, first figure out how much money you can appropriate for holiday spending...then stick to it! Creating a budget this year is more crucial than ever.

***Excerpts from Lena Borrelli, How to Manage the Winter Blues This Year Amid Covid**

COVID-19 Resources

Scott Sylak, Executive Director of the Lucas County Mental Health and Recovery Services Board, says it is perfectly normal for us to feel some anxiety, stress, and depression during a pandemic. Signs could include strong emotions, appetite changes, feelings of hopelessness, headaches, and changes in our sleep patterns. We have been through a lot, and there is more to come, but try not to be overwhelmed. Scott suggests the following:

- Develop a pattern of proper sleep;
- Learn a new skill;
- Take walks and exercise;
- Engage with friends, but adhere to social distancing;
- Get your information from trusted sources, such as the Health Department and CDC
- Don't over indulge on the news of the day.

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

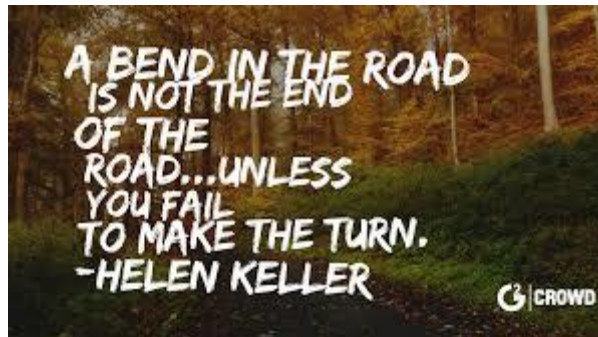
In need of some emotional support while dealing with all things COVID-19?

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

Call the Lucas County Emotional Support Line:



SHOOTING STAR



At a time like this, we all need to be there for each other. I want you to know that I'm here for you anytime. I want nothing more than for you to take care of yourself, your friends and your family. On behalf of our entire team, please stay safe and we'll reconnect again soon. We will push through these challenges with grace and positivity.



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	Erin Lee
David Vaughan	Tiffany Rozzano	Nathan Wolfe	
Madelyn Siegel	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")



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BRIDGES is a monthly publication of the Provider Supports Department.

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