

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

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

{February 2021}



FORECAST

WELCOME!



February Observances:

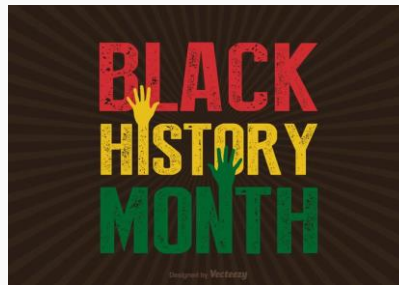
- February 2 – Ground Hogs Day
- February 14 – Valentine’s Day
- February 27 – Full Snow Moon. Since the heaviest snow usually falls during this month, Native tribes of the north and east most often called February’s full moon the Full Snow Moon.
- National Black History Month & African American History Month
- American Heart Month

- National Wear Red Day (The first Friday in February)

Black History Month also known as African American History Month is an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S. history. In 1926, Dr. Carter G. Woodson instituted the first week-long celebration to raise awareness of African Americans' contributions to history. Dr. Woodson selected the week in February that included the birthdays of Abraham Lincoln and Frederick Douglass, two key figures in the history of African Americans. In 1976 the observance of Black History week was expanded to Black History Month also known as African American History Month.

<https://www.history.com/topics/black-history/black-history-month>

<https://www.loc.gov/law/help/commemorative-observations/african-american.php>



National Wear Red Day is supported by the American Heart Association and celebrated in conjunction with America Heart Month. The first Friday in February is National Wear Red Day It focuses specifically on raising awareness of women's heart disease and stroke risks.

National Wear Red time line

1964- President Lyndon Johnson declares February National Heart Health Month.

2002 – The Red Dress becomes the national symbol for women and heart disease awareness.

2004 – Go Red Campaign, go Red launches with a mission to eradicate heart disease and stroke in women.

2006- Global it is; the first Go Red for Women International license is issued

Podcast

Listening to a Podcast while multitasking is becoming increasingly popular. Many podcasts are forms of entertainment, a way of learning something new, a source of news and inspiration for listeners. Check out the various podcasts on the DODD and Lucas County Board of DD websites to become informed.

<https://dodd.ohio.gov/wps/portal/gov/dodd/home/podcast/listen>

<https://lucasdd.info/talk-from-the-board/>

 **KUDOS**



TO

PROGRESSIVE INDIVIDUAL CARE

FOR CONTINUING TO PROVIDE QUALITY SERVICES TO ALL OF THEIR INDIVIDUALS BY CONDUCTING PROGRAMS IN PERSON AS WELL AS VIRTUALLY SIMULTANEOUSLY TO INCLUDE ALL OF THEIR INDIVIDUALS. WAY TO GO, KEEP UP THE GREAT WORK!!!



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

Words

I've known people from both sides of the spectrum, those who pause and think before they speak with consideration, patience, and respect, and those who wear their lack of consideration, patience, and respect as a badge of honor; the latter of which does not generally cause people to want to open up and communicate as they experience the sting and the hurt, which generally accompanies the experience of a lack of compassion and empathy. The words we choose can soften or harden a heart, as we all share our life's energy with others; it's up to each of us whether the energy we choose to share brings help or harm to those with whom we come in contact. Even those who are rude to others need our compassion because, as you may have heard someone once say, "Hurt people hurt people." We must carefully choose what we do and say as it will not only have an affect on others, but it also paves our personal paths of success, as we live with the consequences of our choices. I'd like to share a poem that speaks to the results of our communication with others:

Drop A Pebble In The Water

~By James W. Foley~

*Drop a pebble in the water:
just a splash, and it is gone;
But there's half-a-hundred ripples
Circling on and on and on,
Spreading, spreading from the center,
flowing on out to the sea.
And there is no way of telling
where the end is going to be.*

*Drop a pebble in the water:
in a minute you forget,
But there's little waves a-flowing,
and there's ripples circling yet,
And those little waves a-flowing
to a great big wave have grown;*

*You've disturbed a mighty river
just by dropping in a stone.*

Drop an unkind word, or careless:

in a minute it is gone;

But there's half-a-hundred ripples

circling on and on and on.

They keep spreading, spreading, spreading

from the center as they go,

And there is no way to stop them,

once you've started them to flow.

Drop an unkind word, or careless:

in a minute you forget;

But there's little waves a-flowing,

and there's ripples circling yet,

And perhaps in some sad heart

a mighty wave of tears you've stirred,

And disturbed a life was happy

ere you dropped that unkind word.



LAMPOST

Cats May Improve Social Skills In Kids With Autism

by Shaun Heasley | January 12, 2021

Disability Scoop Newspaper

Adopting a cat can make a big difference for kids with autism, new research suggests.

Children with the developmental disorder showed increased empathy and experienced fewer problem behaviors after welcoming a pet cat into their homes. They also displayed less separation anxiety, externalizing, bullying and hyperactivity or inattention.

The findings come from a study published in the Journal of Pediatric Nursing looking at 11 families with children with autism ages 6 to 14. Four of the families adopted a cat from a shelter right away and were followed for 18 weeks. The remaining families were monitored for the initial 18-week period at which point they adopted shelter cats and were followed for another 18 weeks.

All of the families adopted cats who were screened using a feline temperament profile to ensure that they were calm animals. Surveys were conducted every six weeks to assess the children's social skills and anxiety as well as how well the parents and their kids bonded with their new pets.

Not only did the children with autism see improvements in their social skills, but both kids and their parents forged strong bonds with their cats and those bonds remained over time.

“Previous research has focused on interactions of dogs with children who have ASD, but dogs may not provide the best fit for all children and their families, especially given the hypersensitivities to sound that are common among children with ASD,” said Gretchen Carlisle, a research scientist at the University of Missouri Research Center for Human Animal Interaction who led the study. “We hope the results of this study will help encourage more families to consider the possibility of cat ownership and help more shelter cats find loving, deserving homes.” Researchers say that the findings warrant a larger study of the influence of pet cats on kids with autism.

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/46f9edd74ac726df457dfe0f/files/3b0a3652-5726-430b-be6d-16835688b46e/Children_Respice_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

LOOKING BACK

A HISTORY OF DISABILITIES

By Terry Myers

February 9, 1893 is cemented in historical disability facts. It was a Wednesday night that became infamous for the death of 41 individuals housed at the Strafford County Asylum in Dover, New Hampshire.

The asylum initially grew from what was earlier referred to as a “poor farm.” This was a farm that the city’s poor and sometimes those convicted of minor crimes, such as intoxication, were housed in cell-like rooms. Those who were convicted were soon released and allowed to work on the farm itself. However, as it grew, it became established as the asylum for the insane. Many of the people there merely had no finances or family in the area. It had been deemed “inappropriate” for them to dwell freely in the city.

People having disabilities (primarily mental health), were referred to as “lunatics” and “crazy people.” There were bars on their windows and the structure itself was constructed of dry wood and poor craftsmanship overall. It was said that people on either floor of the 2.5 story structure could actually see through to the next floor between the wooden slat flooring. Doors to rooms were locked at night and with the windows barred and meshed; it would be impossible for anyone to escape by choice or in an emergent situation.

These facts all lead to the terrible evening of February 9th. Around 10 p.m., the watchman (Wilbur Chesley) was making his regular rounds when he noticed a small fire in a first floor cell. The on-site attendant (William Driscoll) was alerted but he was only able to unlock 15 doors on the first floor of the 56 room facility before he was driven back by flames. Driscoll and his family, who lived in an apartment in the building, were then able to escape. 41 of the present 44 individuals were consumed by the fire. The New York Times reported that, “lunatics on the second floor became frenzied.” “They laughed, sang and shouted, while some sat stunned and gazed with melancholy pleasure upon the appearing flames.”

Soon after the fire, the state Board of Health began an investigation and found that the fire originated in an occasional female smoker’s individual cell, after she obtained matches from a careless Driscoll. It was also determined that neither Driscoll nor Chesley attempted to use the firehose or buckets of water kept on each floor prior to the fire getting out of hand. This was incredibly negligent and an example of the ill care and concern for disabled individuals during

that time.

TRAINING

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

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

https://mcusercontent.com/46f9edd74ac726fdf457dfe0f/files/5a68eb90-8aaf-4238-aa01-9fabf364320e/February_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/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 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

Approximately 1 million people die each year from suicide. Dr. Julie Gentile dispels myths about suicide and shares tips for suicide prevention in this brief, helpful video. Please take a couple of minutes to watch. It could save a life. <https://youtu.be/LZ2QmhPDhUs>

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

"The time is always right to do what is right."

Martin Luther King, Jr.

"I have decided to stick with love. Hate is too great a burden to bear."

Martin Luther King, Jr.



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

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Linda Repka	Sally Damschroder	George Woodget	Gail Sanders
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Success Coaches:

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Technicians:

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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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