Health programs strive for greater awareness

Strategic Initiative: Implement health/wellness awareness and track core health outcome indicators. We will provide health and wellness information to individuals within Stark County with the goal of better healthcare for people with developmental disabilities. Read the complete plan at www.starkdd.org/StrategicPlan.pdf

Frank discussion and hand over hand demonstrations were part of a recent guest lecture session with a group of adult women with developmental disabilities at the Whipple-Dale Centre. The teaching session was just one of several activities related to National Breast Cancer Awareness month in October.

Diane Wofsey, RN and certified breast health specialist at the Mercy Medical Breast Cancer Center demonstrated self breast examination techniques and walked the women through the mammography experience.

Mercy Medical Center is just one of several

Kirsten Russo is taught the proper way to perform a breast examination during a health awareness workshop at the Whipple-Dale Centre. Stark DD partnered with Mercy Medical Center to put on the class for adult women with the goal of teaching the importance of self-examination and screenings.

Look inside:

Stark DD hosts NE Ohio Advocates 3

The Workshops Inc. “Likes” Facebook 6

P.L.A.Y. ing with kids on the Spectrum 8

Special Olympics Night at The Q in Cleveland 10
Looking Ahead at Stark DD

December

December 4-6
RS Southgate Santa Shop
Sponsored by RSSS Parent Group

December 8
Breakfast With Santa
Open to the Public
Eastgate Early Childhood Center,
9-11 a.m.

December 8
Jane Mathie Aquatics Invitational
Special Olympics
Louisville YMCA
Noon - 2:30 p.m.

December 15
Stark DD Board Meeting
Whipple-Dale Centre Multi-purpose
Room, 10:30 a.m.

December 15-16
State Swim Meet
Special Olympics
Ohio State University

December 19
Adult Social Night
Foltz Community Center, 7 p.m.

December 19
Eastgate Preschool
Holiday Program
Eastgate Early Childhood Center,
12:30 p.m.

December 20
Adult Services Holiday Parties
Higgins, West Stark Center,
Whipple-Dale Centre
9:30 a.m. - 2 p.m.

December 20
RS Southgate Holiday Program
RS Southgate School, 9:45 a.m.

Health awareness
continued from page 1

local health partners working with Stark DD to bring better health awareness to people with developmental disabilities.

Research from the Center for Disease Control indicates that people with developmental disabilities can find it more difficult to always eat healthy, be physically active and participate in their health care. They cited not only physical limitations, but also lack of accessible environments, resources and social support to make healthy choices.

“Our goal with these health awareness events and our Health Matters programs (see All in the Family, Winter 2011) is to empower individuals with disabilities to make healthy changes in their lives,” said Diana Lashley, Manager of Health and Therapy Services for Stark DD. “We want individuals to have a voice in their health care, to have the confidence to make these changes to their lives in the community where they live, and realize that it doesn’t take a lot of money to accomplish changes for healthy living.”

In addition to the breast cancer workshop, staff from Mercy’s Special Needs Dental Clinic offer free dental screenings during February for all children and adults enrolled in Board programs. In its third year, the screenings take place at Board facilities, but individuals can be referred to the Clinic for further treatment.

The Aultman Hospital WOW (Wellness on Wheels) van also visits on a quarterly basis, not only teaching wellness and nutrition, but also performing basic health screenings like blood pressure checks.

Trudy Richardson, Stark DD staff and breast cancer survivor, encouraged the women with disabilities to Fight Like a Girl. “If you think something is wrong with you, tell someone. Make sure they listen. If they don’t, tell someone else.”

After participating in the Breast Cancer information session, Gina Hunt was inspired to write the following poem; typed by Amanda Mitchell.

Cancer

Like a seed that is planted.
You never know when you’ll catch it.
If it’s not caught it goes on and on.
You can’t let it go without doing a thing.
Cancer’s strong you won’t hear bells ring.

Stark DD was proud to be a part of the
2012 Making Strides Against Breast Cancer of Canton
5K Fundraising Walk on Sunday, October 28.

In a combined effort by Stark DD and TWi employees, more than $1,500 was donated to the 2012 Making Strides Against Breast Cancer. Monies were raised through a variety of activities, including bake sales, basket raffles, and the sale of breast cancer awareness items. Several staff and families also braved the rain, wind and cold to participate in the walk.
Advocates unite in Northeast Ohio

By Kristi Earle, West Stark Center Team Leader

This past summer, Stark County Board of DD played host to 64 advocates and support staff from the Northeast Ohio Region. The purpose of the meeting was to share what they are already doing to create an awareness of disability issues and to learn from what is happening in other counties.

The Ohio Self Determination Association (OSDA) strongly support self-advocacy and promotes regional opportunities for self-advocates and advocates from different counties getting together to share what they are already doing to create an awareness of disability issues and to learn from what is happening in other counties.

Advocates represented Medina, Stark, Trumbull, Cuyahoga, Ashland, Mahoning, and Lake counties. Guest speakers, Dana Charlton – OSDA Executive Director and Reuben García – OSDA Board Member and advocate, spoke about what it means to be an advocate, what other advocacy groups in Ohio are doing, and provided encouragement to advocates.

Those in attendance, many of whom had just become active in local advocacy groups, were given an opportunity to share their advocacy stories with the group. Individuals shared stories of how self-determination principles have improved their quality of life. Others talked openly about how trainings such as Project STIR and groups like People First have given them the tools to speak openly about how they want to receive their services and how they want to live their lives. Bill Green, Superintendent of Stark County Board of DD, commented that it was "amazing to hear the stories of the advocates and overwhelming to see such a great number of advocates from Northeast Ohio together."

The NE Ohio advocates meet every six weeks.
People First of West Stark Center sponsored a trip to Camp Cheerful in Strongsville, Ohio. Their goal was to try to conquer a 50 foot tall rock wall! Included in the trip were J.D. Haavisto, Toby Gingerich, Justin Bates, Adam Rizor, David Teeters, Bryan Dingler, Sarah Warner, and staff advisors Paula Gardner, Laura Mease and Joe Benincasa.

The People First group had decided that even though they loved regular field trips, they wanted a BIG challenge. Mease came across the Achievement Center for Children in Cleveland, Ohio. While on their website she noticed that they had a rock wall and that they were familiar working with people with disabilities- a win/win situation!

When the group got there, camp staff helped them put on harnesses and hard hats, then they started climbing. It was hard just to get up the rope part to the wall but over half of the group made it! The rest tried hard and still felt they met goals! Those that made it to the top got to zip line down from 50 feet up. The crew from Camp Cheerful helped out as needed with a pulley but most of it was hard work and a willingness to trust others to let each know where to put their feet and hands. Those hand and foot holds are VERY skinny!!!!

J.D. Haavisto had special circumstances in that he has very little strength and movement on his arms and legs. The crew at Camp Cheerful used a harness made from pvc pipe and soft seat harness that attached to his regular harness- he was in there very well! Then they used the pulley to pull him up and get him back down the entire 50 feet. J.D. laughed the entire time he was going up and down- even when he ended up upside down at one time about five feet from the ground on the way down!

The group is already planning a return trip next year.
Grounds/Maintenance • Tim Beard, Buildings/Grounds Maintenance Manager, 330-479-3912

Strategic Initiative: Evaluate facility and equipment needs and utilization. Look at alternative energy needs.

Read the complete plan at www.starkdd.org/StrategicPlan.pdf

Lights emit savings

The maintenance department is continuing to switch lighting equipment to be more energy and cost efficient.

Two years ago staff began replacing outdated fluorescent bulbs and related equipment, changing over to a quieter, longer lasting bulb. The new brighter energy saving bulbs are projected to save the Board up to 33 percent of energy costs per year.

“In the past year since changing over all the lights at Southgate, we have seen a savings of $400 in the electric bill,” said Tim Beard, Building/Grounds Manager.

To date, all the school buildings, Higgins and the Bus Garage have been converted; Whipple-Dale Centre is half complete. Work at West Stark Center will begin within the year.

What’s going on here?

New drop off driveways ease traffic and safety issues

New drop off driveways have been constructed at both Whipple-Dale Centre and West Stark Center for use by families and private non-medical transportation providers dropping off adults who attend Board day programs.

According to Tim Beard, Building/Grounds Manager, “Constructing our own driveway that we maintain is better. This is the most efficient way to make pick up and drop off of our people safer all the way around.”

Neighbors of both facilities have said the new driveways look nice and they are pleased to see them put in.

Chuck Dazey installs a light sensor in a bathroom at the Whipple-Dale Centre. Potential energy savings from sensors could be 40 percent. Sensors will be installed in all building common areas by spring of 2013.

More than 100 individuals of the approximately 230 who attend Whipple-Dale Centre on a daily basis make use of the new driveway for transportation drop off and pick up making for safer boarding and less road congestion.

Retired

Linda Ramsell
Intervention Specialist

Karen Schaffner
Intervention Specialist

Bonnie Carnahan
Employment Specialist

Scottie Holloway
Workshop Spec. 2

Oscar Woit
Bus Driver

Robert Domenico
Bus Driver

Gloria Steiner
Manager of Information Systems

Richard Parrott
Custodian

Rehired

Wendi Miller
Workshop Spec. 1 Substitute

Marcia Boreman
Barbara Oakes
Program Substitute

Promotions

Pat Minor
Workshop Spec. 1

Michael Jenkins
Bus Driver

Transfer

Susan Barillari
Service & Support Administrator
“Like us on Facebook” is now a common catch phrase. It’s a way to not only let people connect with other people, but also help businesses and organizations promote their mission and services to a bigger audience. Social media is also easy on the budget for a business because there is no cost to join and maintain Facebook sites.

The Workshops, Inc. has joined the social media trend as a way to advertise employment positions for individuals with developmental disabilities and the goods and services provided through TWi.

In addition to the Stark County Board of Developmental Disabilities site, Facebook users can find two pages associated with TWi.

The Just Imagine Gift Gallery page (www.facebook.com/JustImagineGiftGallery) launched in late May. The goal of the page is to not only showcase the artwork and talents of artists working at The Workshops, Inc, but to also reach out to other artisans and agencies that promote the arts.

“With the Just Imagine page, we are trying to network with other artists, those not just in the DD community, but in the art community as a whole,” said Therese Heitkamp, Just Imagine supervisor.

Posts typically highlight a TWi artist or new art pieces available for sale in both the Whipple-Dale Centre shop and the annex gallery, Just Imagine 2, in the Second April Gallery in the downtown Canton arts district.

In early August, TWi launched a second page (http://www.facebook.com/pages/The-Workshops-Inc) to post job openings in the community for people with developmental disabilities as well as other announcements pertaining to TWi.

“We have a lot of people, current TWi employees and other individuals in the Stark community who are on Facebook,” said Kristin Swartz, Stark DD Supported Employment manager. “We saw Facebook as a way to reach a broader pool of employees and get our jobs filled faster.”

Learn more about both TWi divisions by following them on Facebook!
People First helps keep parks clean

The following story is re-printed from the October edition of the Mount Higgins Newsletter, a publication produced by the Newsletter Club at Higgins Adult Center. There are five individuals and one staff advisor who meet each week and take pictures, interview people, write stories and then compile it into the newsletter.

As the sign says, The People First Club of Stark County has adopted a section of the Stark Parks. The trail is called the Olde Muskingum Trail.

According to the Stark Parks web site: “Parking is available east of Rt. 21 at Rt. 93 in Canal Fulton across from the Canal Fulton Canoe Livery, or at Butterbridge Road, or at Forty Corners St. This trail runs parallel to the Tuscarawas River and Ohio & Erie Canal from Cherry Street in Canal Fulton to Jackson Township.

The scenic trail includes a limestone surface for hiking and biking and a compacted berm with mounting blocks for equestrians.” The trail is 5.74 miles long.

It is maintained by Stark Parks, but the People First Clubs from the three workshops take turns going out to the trail and clean the path of debris. It’s hard to believe how many Super Slurpee Big Gulp cups end up on the trail until you walk it with a litter bag in your hand.

The Higgins crew filled up seven bags of litter while walking a mile and a half in and a mile and a half out. It had rained that morning, but the slight sprinkles were not enough to hinder the crew.

Although the crew enjoys going to the trail and keeping it clean, they encourage people not to be “litter bugs.” According to Keep America Beautiful, littering costs the U.S. $11.5 billion every year. While litter has decreased 61 percent in the last 40 years, 51.2 billion pieces still clutter our roadways today.

Thanks People First for helping to keep Stark County beautiful.

(From left to right) Tyrell Page, Clint Millsap (rear), Josh Wilfong, Tim Graves, Ryan Long, and Marvin Hankins show off some of the trash they collected during a recent clean up day at the Olde Muskingum Trail. The People First chapters from the three adult workshop sites take turns helping Stark Parks crews maintain the trail.
In Memoriam
Alberta Crawford
Received Board services

Grace Elisabeth Koontz
Received Board and SSA services

James Morgan Hanley
Attended Board workshops and received SSA services

Walter Jesse Rohrer
Attended RS Southgate School and received SSA services

Michael Mark McKinney
Worked in SE on a Rubbermaid enclave and received SSA services

Wayne R. Leeders
Received Adult Services and SSA services

Carl E. Seaburn III
Received SSA services

Florence Coco
Received SSA services

Mary J. Foresha
Received SSA services

Deborah Jean Stuchell
Received SSA services and worked at West Stark Center and The Front Porch

Roland “Jackie” Burris
Received SSA services

Leon Gonzalez
Received SSA services and formerly attended Board the workshops

Ryan Leszynski is one of several children participating in the P.L.A.Y. project specifically designed for children on the autism spectrum.

P.L.A.Y. ing with kids on the spectrum

Playing with children is fun, but when they are on the autism spectrum, play takes on a crucial role in helping them build social relationships with others.

That is why the Ohio Department of Developmental Disabilities committed funds to train county board early intervention specialists and therapists in the P.L.A.Y. (Play and Language for Autistic Youngsters) Project. In September, three Stark DD early intervention specialists and two from the autism unit attended a four day training in Columbus.

The idea behind the P.L.A.Y. Project is that infants learn best through everyday experiences and interactions with familiar people. Therefore, the Project is a partnership between the families and professionals, coaching parents/caregivers to engage with and enjoy their child, while enhancing their social and emotional development. The time spent on P.L.A.Y. is extensive—at least 25 hours per week, and works through very structured levels of play. Each level attempts to address the child’s social deficits.

“I am excited to have another teaching tool to share with families.”

Robin McAlister,
Stark DD Early Intervention Specialist

“The goal of the P.L.A.Y. project is to have Board staff become home consultants for families of children on the spectrum,” said Ann Slagle, intervention specialist. “We teach parents how to follow their child’s lead in play and meet them at their level of joy. Playing this way helps build a social relationship. Once we have that, we are more able to teach the child.”

Stark DD families are participating in the P.L.A.Y. Project on a voluntary basis. The training, which is ongoing for 18 months, includes home visits as well as videotaping and analyzing the P.L.A.Y. sessions with parents.

“The P.L.A.Y. Project helps us provide a more comprehensive teaching approach to our students with Autism Spectrum Disorder,” said Slagle.
Olympic events teach diversity

By Karen Stanfill, RS Southgate
Intervention Specialist

Just as with the international Olympic competitions, the Rebecca Stallman Southgate School Olympics week brought together a diverse group of athletes, volunteers and motivational coaches.

The week kicked off on October 15 with the traditional opening ceremonies, including the parade of nations and the lighting of the Olympic torch. Three students, all whom require the use of wheelchairs, were assisted by three classmates as they passed a paper torch before posting it in the school’s gymnasium. Student-made flags representing all the countries were hung on the gym walls.

During Tuesday’s Multi-Cultural Day, the students circulated among the different countries in each classroom, including traditional ceremonies, food and clothing. Students had passports to enter each country and created a souvenir of their journey for the day. The school kitchen served international foods from China, Mexico, Spain, Italy, and Germany.

The remainder of the week consisted of competitions in events such as balance beam, wheelchair races, basketball skills, and various track and field events. Students especially enjoyed watching a basketball game Wednesday afternoon played by members of the Canton South High School Wildcats Sports Class.

On Friday, a team of students and staff from the Akron Opportunity Center, alternate educational program for middle school students in the Akron Public Schools, visited Southgate to assist with the outdoor track and field events. They were also assisted by volunteers from the Forty Corners Church of God. The Akron students came up with the specific athletic events, and held fundraisers to purchase the medals for these events.

That afternoon students were treated to a special demonstration by the STAND Strength Team, who performed feats of strength and encouraged students to believe in themselves and stand up against bullying. The STAND Strength Team is an international non-profit organization that goes into public and private schools, promoting anti-bullying/violence, anti-peer pressure, anti-drugs, anti-alcohol, respecting others and academic excellence.

The mood was celebratory for the closing ceremonies on Monday, Oct. 22, as students were called to receive bronze, silver, or gold medals and have their pictures taken on the “Olympic Platform” for the final celebration.

“The smiles on the faces of our students as they participated in the events and activities, watching them cheer one another on, and the pride they showed receiving their medals and certificates are the greatest indication that the Olympics were a success,” said Michele Dolensky, SLP.
More than 540 area walkers and runners joined the 15th Annual Great Pumpkin Race on Saturday, October 27, at the Whipple-Dale Centre in Canton. The annual event, which raised more than $4,500 for Stark DD Special Olympics, offered families and walkers a 1-mile non-competitive run/walk, while serious runners raced in a 4-mile Subway Challenge Series competition.

Sponsors included The Workshops Inc., Plain Township Fire/Rescue Department, Plain Township Rotary, Subway, News-Talk 1480 WHBC, The Repository, The Karcher Group, Thrivent Financial for Lutherans, United Travelers of America, Pepsi, Aultman Hospital, AultCare, Chick-fil-A, Fox and Hound, and MaryAnn Donuts.

Erica Fitzgerald, a student at RS Southgate School, sang the National Anthem prior to the start of the 4-mile race.

Joe Bowman won the 2012 Pumpkin Race logo design contest. Bowman works in the Supported Employment-Enclave division.

Artists from The Workshops, Inc., participated in a contest to design original artwork for shirts that race participants received. The annual contest, which began four years ago, was open to all TVi employees. Bowman received $50 for creating the winning entry. He was on hand at the October 27 race to autograph participants’ t-shirts. In addition to the t-shirts, the winning artwork appeared on all race prizes awarded to the top men and women finishers in each age bracket of the 4-mile race.

Cold weather is just around the corner and families, caregivers and staff are reminded that there are several ways to receive information when inclement weather may affect services for the day.

Please use one of the following sources for retrieving site closing information:

- AlertNow notification system. Stakeholders can receive alerts by many methods...phone, e-mail and text message to a cellular phone. For more information call the Stark DD AlertNow help line at 330-479-3816 or via e-mail at helpdesk@starkdd.org.
- Call our main number (330-477-5200) to hear the automated message.
- On the radio at WHBC-AM (1480).
- On the television: WEWS Channel 5 Cleveland.

Status of closing shall be designated as follows:

Code 1: Stark County DD Schools closed. Adult Programs will be open but there will be no bus services. Clients may be present if transported to and from the facilities by private individuals.

Code 2: Stark County DD will be closed. Code 2 means that the entire program will be closed for all clients/students and staff.

The 2012 Great Pumpkin Race was a family affair for many. From left to right: Garrett Riley, Charley Riley, Josephine, Riley, Erica Riley, Special Olympian Paul Gines, Stark DD Board member and Special Olympics volunteer Roger Gines; Stephanie Yates, and Tim Yates. “Some did the one mile; some did the four mile. I believe all seven grand kids participated in the 1 mile,” said the senior Gines.
Join Us! Stark DD Special Olympics Night at The Q

Be a part of the Cavaliers Family and join Stark County DD Red and the MBB Special Olympics with the Cleveland Cavaliers at Quicken Loans A!

Court of Dreams Night Includes:

- Watch Stark DD Red take on MBB Special Olympics on the Cavaliers court at 3:15 – 4:45 pm.
- $5 free Food and Beverage voucher
- Souvenir Cavaliers premium item
- Discount group pricing
- Playoff ticket priority
- Seat delivery by FlashSeats

To order: Please return to Kirk Greaves or Darla Orenchuk by Friday, December 14th.

Contact Kirk Greaves, (330) 417-7889, Darla Orenchuk (330) 936-2588 or Ryan Fishleigh, (216) 420-2496 if you have any questions.

Cleveland Cavaliers vs. Atlanta Hawks
Wednesday, January 9th at 7:00pm

Children 2 years of age or older must have a ticket to enter Quicken Loans Arena. Video cameras are prohibited in Quicken Loans Arena. All sales are final. No exchanges or refunds.
Board Members
Larry Marcus, President
Richard Hoffman, Vice President
Roger Gines, Recording Secretary
Tom Bucka
Jack Calhoun
Carlene Harmon
Robert Milliken

Superintendent
William Green

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