

Under The Carroll Hills Umbrella

SPRING 2016

Volume 14, Issue 1



Celebrating March Developmental Disabilities Month

Special Points of Interest

- Employment First
- Superintendent Remarks
- Special Olympics
- Carroll Hills School
- Carroll Hills Industries
- Coming Events



Carroll Hills Programs

website: carrollhills.com

“What’s Your Story?” is the theme for Developmental Disabilities Awareness Month 2016.

My Story? I attend Carroll Hills School.

My story? I just got hired at Wendy’s.

My Story? I love working at Pizza Hut and SJV Restaurant.

My Story? I work at Furey’s

My Story? I attend CHI!

My Story? I love cats!



My Story? I enjoy going to the Friendship Senior Center.

My Story? I enjoy bowling and track.

My Story? I'm on CHI's Cleaning Crew.

My Story? I'm doing job training at Carrollton Heath Department and loving it!

My Story? I love playing Basketball!

My Story? I love being independent!

My Story? I'm a big fan of Elvis!

My Story? I attend The Farm!

My story? I love making afghans!

My Story? I enjoy volunteering at Hospice!

My Story? I attend CHI Habilitation Center.

My Story? I love living on my own in our community!



ANNUAL REPORTS AND NEWSLETTERS CAN BE FOUND ON OUR WEBSITE:

carrollhills.com

FOR PAPER COPIES CALL—330-627-6555

“People with developmental disabilities are your friends, neighbors, co-workers, volunteers, teammates, and classmates. March is Developmental Disabilities Awareness Month and Carroll County Board of DD encourages everyone to get to know someone with a disability and ask “What’s Your Story?” Remember – each one of us has a story and each story has the potential to educate and inspire others. You just might learn how much we are all connected.”



Carroll Hills Programs



Matt Campbell Superintendent



Wow! It is hard to believe it is March and DD awareness month once again. This year's theme is "What is your story?" The Developmental Disabilities world is in the midst of drastic change. Our focus on person centered thinking has brought about many wonderful changes in services.

I am proud of the services Carroll County Board of Developmental Disabilities provides to Carroll County. I believe the reason why we are so successful is the number one resource we have is our staff. I know the main reason we received the maximum Accreditation of 3 years this year is due to staff effort. I want to share with you the comments that Beth Chambers made about our staff. "The general theme is staff know individuals very well. Staff empower people, think outside the box, have community connections, are confident, have good relationships, and have good communication skills. Staff received Good Life training and Person Centered Thinking training and have interwoven these concepts when providing services. The Board is efficient with County dollars. It is evident that the focus is on community employment and self-advocacy is interwoven into all services."

The Board remains committed to improving services by supporting person centered thinking and self-advocacy. The Board will pay for anyone eligible for services to receive Project STIR training. If you are interested, please contact your SSA or Amy Swaim at 330-627-6555. We also encourage self-advocates to attend CHIT CHAT, the self-advocate group, at Carroll Hills Industries. For more information please contact Kristen Long at 330-627-5524. The Board will also focus on Good Life training for staff in April by utilizing the four Good Life trainers on staff.

The Board is exploring other services that will improve person centered thinking. The Board contracts with a council of government Mid East Ohio Regional Council (MEORC). MEORC provides many services such as accreditation readiness and MUI Investigation. I want to thank MEORC for helping our Board get ready for and receive the maximum Accreditation.

We are exploring new services such as provider recruitment, FANS (friends, allies, and neighbors support), and employment navigation. Provider recruitment is required and will give more options for those needing day, transportation, employment, and homemaker personal care services providers. FANS is a network that is accessed on a computer by posting a need for a community member and others have the option of helping. FANS is like Craigslist with the intent people volunteer or donate services and goods to meet a need. Employment navigation is a way to link someone with a job and community integration.

I want to thank you for your support of our program. If you have any questions please feel free to contact me. I would also encourage you to tell staff what a wonderful job they are doing!

**Celebrating March
Developmental Disabilities
Month**

New Service and Support Administrator (SSA)

Hello everyone! My name is Missy Toothman and I am the new SSA for the Carroll County Board. However, I am not new to most of you as I worked for St. John's Villa for almost 20 years so you may have seen me around. In those years I have had a lot of experience in this field. I began my career working as a Direct Care staff which I have to say was the best years ever and where I learned the most. From there I was a Supervisor in the residences, Assistant to the Director of Vocation and ended my term at St. John's Villa as their Program Coordinator. I am also a graduate of Kent State University and will be a 2016 graduate of Malone University. My love for those I work for is what has encouraged me to become your new SSA. I am also thrilled to become a new team member of a team that I know never gives up.



Outside of work, I have been married to my husband Brian for 19 years and have a son, Avery Sebastian. I also have Black Lab named Gretta and two cats named Precious and Arthur. I have always had a place in my heart for those I meet who either has or supports those with disabilities. I believe all things can be achievable no matter how difficult you just have to be creative. I am very proud to be working in a county where everyone works together to support and encourage great lives for those who deserve it. I look forward to being here for all of you and helping you to achieve the lives you want. You are welcome to call or come see me anytime.

Missy Toothman

Preschool 1 Winter News



Preschool 1 has been busy this winter keeping warm and having fun. In January they stayed cozy by having a "Breakfast in Bed" day. Everyone wore their jammies, brought a stuffed animal to snuggle, and enjoyed eggs and toast. We have also been reading about our favorite cat, Pete. Pete always reminds us that everything is going "ok and groovy" no matter what the situation. In February, we celebrated our friendship by having a Valentine's party. The children each brought in a box that



they decorated at home. We sure have some very creative kids and parents. We also had fun watching to see if the groundhog saw his shadow. Yeah, he didn't! So we are anxiously awaiting the arrival of spring so that we can get back outside. A big welcome goes out to our new students Addy, Chad, & Jacob.



Mindy Shepherd



Steve DeFilippo, Director of Adult Services

Carroll Hills Industries will be offering a variety of activities to Enrollees during DD month.

On March 2nd, the W.O.W. Van will be holding an instructional training addressing safety issues and on the 3rd, Miss Marsha and John will participate in a reading activity at both CHI and the Hab Center. On March 4th, the senior group will be attending the Friendship Center with CHI Seniors leading the activity of the day. The group will be sharing their craft and making greeting cards for the upcoming Easter season. On the March 9th, Hot Pots will be at both locations to offer canvas painting. Carrollton High School Show Stoppers will perform on the 14th and we will have a pizza party on the March 16th. Sounds of Grace and Glory will play on the March 30th, and we'll have an ice cream social on the March 31st.

The big event is the CHI Talent Show! We invite friends and family to enjoy the entertainment and to help judge the winners. This event will take place at Carroll Hills Industries on March 23rd at 1:00.

CHI Enrollees recently teamed up with Community Employment staff to participate in a sub sale fundraiser. The sales and fundraiser serves multiple purposes, naturally to generate funds for the program but more importantly supporting the movement to integrate and include people with disabilities into the community. Staff and Individuals distributed and then collected order forms. Some Individuals participated in the making of the subs and others helped with the distribution of the subs. Future activities are being planned so please show your support for Sabrina Seal, the Community Employment Department and CHI Enrollees. We want to acknowledge special assistance and pricing from the following; Discount Drug Mart, Ulman's Bakery, CCB staff and CHI Enrollees who worked on the project and especially the customers who supported this community project.



A team effort making approximately 70 sub sandwich bag lunches.

Community inclusion will be a big part of what the Day Service Providers must be part of to meet the expected guidelines, as mandated by the State and Federal Government, for all Individuals with Disabilities. Carroll Hills Industries hopes to be a big part of this as we move to privatization of services, becoming their own day service provider. CHI will separate from County Board's oversight and assistance with the goal to begin January 1st, 2018. Along with day services, CHI will re-introduce transportation for Individuals with waiver's attending the CHI Program. Currently, this movement is in the planning stages with the Director of CHI, the County Board Superintendent and County Board Business Manager working hard to make this a smooth and cooperative effort.





Claudia Vasquez, Job Coach

I am so thankful to have been given the opportunity to work for the Carroll County Board of DD as a Job Coach. It is my responsibility to transport individuals to and from work and assist them on the job, if needed. I am learning more everyday about community employment, our individuals and their needs. This position has been so rewarding in terms of seeing individuals succeed in the working world, the smile on their faces say it all! Empowering individuals to be the best they can be is my number one goal.

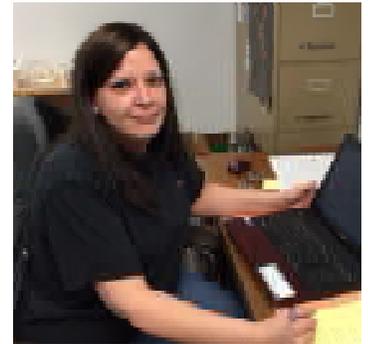


Claudia Vasquez



Employment First News:

The Employment First Initiative continues moving forward. We would like to welcome our second Job Coach, Reva Castelucci to the Employment Department, she started Monday February 22nd. She began the process of getting certified in Employment First. Reva has worked as a Workshop Specialist for the County Board for 14 years before accepting this position.



Congratulations to Noah Gray, he will be starting his job in March for Realtor, Robyn Sprague. Noah will be placing For Sale signs at Lake Mohawk on Friday evenings and collecting them on Sunday evenings.

Congratulations to Diane Donnelly, she will be starting her new job April 2nd for Carroll County Health Department as their new Janitor.

William Sutton started job training at Razor Rents on February 24th and will be doing a variety of jobs for them. William and I both ran equipment our first day and it was awesome! (see pictures)



Lakisha Arnold will have completed her 90 days at Wendy's and will have a successful closure with OOD. The Employment Department will continue to provide ongoing job supports.

Beginning in April, we will be distributing applications for the summer JET Program.

Sabrina Seal

We want to welcome "Pieces with Purpose", a new business and training site in our community for the individuals in Employment First.



We are a custom T-shirt business promoting independence and purpose for our family and community members with special needs.

Phone: 330-627-1854
Email: pieceswp581@gmail.com
Owners: Renee Sprague and Emily Ulman



Heart Disease is the leading cause of death in the general population, as well as, with individuals with developmental disabilities. Stroke is the third leading cause of death in America today. It is critical to learn more about these conditions and what we can do to prevent them for ourselves and those we support.

People with disabilities are at increased risk for heart disease and stroke as they are more likely to have high blood pressure and other associated risk factors. People with disabilities have greater difficulty in keeping a healthy weight and in getting enough exercise – both important to heart health.

Several congenital syndromes such as Down Syndrome, Marfan Syndrome, and Prader-Willi Syndrome have a much higher risk of cardiac disease.

Risk factors for heart disease fall into two categories – *those you can change, and those you cannot*. You cannot control your family history, age or gender; however, there are things that can be done to prevent and/or control other risk factors.

Healthy eating habits, exercise and weight control are extremely important. Low fat, low cholesterol foods are heart healthy. The diet should emphasize lean meats, baked, roasted or grilled chicken (skinless) and fish, and multiple daily servings of fruits and vegetables. To promote heart health, also limit fatty, fried foods, salt, caffeine, alcoholic drinks and calories.

SIGNS & SYMPTOMS OF A HEART ATTACK

- ♥ Chest discomfort or discomfort in other areas of the upper body
- ♥ Shortness of breath
- ♥ Cold sweats
- ♥ Women are more likely to experience some of the other symptoms: shortness of breath, nausea/vomiting, back or jaw pain
- ♥ Some heart attacks are sudden and intense, but most start slowly with mild pain or discomfort

SIGNS & SYMPTOMS OF A STROKE

- ♥ Suddenly feel numb or weak in the face, arm or leg, especially on one side of the body
- ♥ Suddenly have trouble seeing with one eye or both
- ♥ Suddenly have a hard time talking or understanding what someone is saying
- ♥ Suddenly feel dizzy or lose balance
- ♥ Have a sudden, very bad headache with no known cause

A FEW WAYS TO PROMOTE HEART HEALTH:

1. Have everyone set some fun and easy health goals. Start simple like walk 15 minutes three times a week. Download a free printable health goals tracker on the internet.
2. Get everyone involved by trying out a new healthy recipe.
3. Encourage people to move more. Lead by example.
4. Control cholesterol with medication if diet/exercise are not effective. Normalize blood pressure through diet/exercise and/or medication.
5. Diabetics need to maintain blood sugar levels and be monitored closely for control.
6. Get help to stop smoking

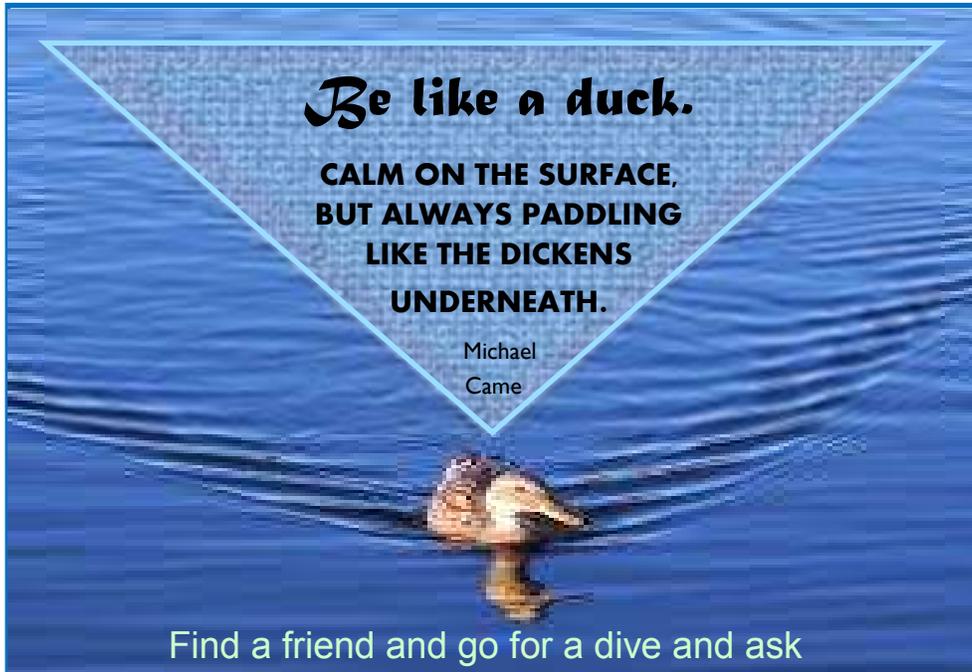


Encourage Heart Healthy Habits!

YOUR FAST ACTIONS CAN SAVE A LIFE

Effective CPR immediately after sudden cardiac arrest can double or triple a victim's chance of survival! Chance of survival decreases 7-10% per minute if no CPR is started.

To read the entire Health and Safety Alerts and get more information, Please go to <http://dodd.ohio.gov/HealthandSafety/Pages/Health-and-Safety-Alerts.aspx>



Emotionality

An acute emotional upset (**emotionality**) results in a temporary inability to cope or problem solve.

Emotionality is typically not long-lasting and with support from an **Ally**, **emotionality** will decrease and balance will be restored (**rationality**).

A person experiencing **emotionality** may present as needing a great deal of support and demonstrate less ability to control their emotions which is the purpose of providing:

Find a friend and go for a dive and ask

What Does Be like a Duck Mean to you?

“Emotional First-Aid” focusing on building trust and decreasing fear.

As an **Ally**, we want to support our co-workers to prevent abuse and save careers.



Blood Drive Fundraiser April 28, 2016

At Carroll Hills School - 2-5 pm - ID required. All gifts of blood count towards LifeShare grants for students. For more information call 330-627-7651



In Memory of

Edward C. Lueckel
1958—2016

Those we love remain with us, for love itself lives on. Cherished memories never fade, because a loved one is gone. Those we love can never be, more than a thought apart. For as long as there is memory, they'll live on in our heart.



CHI Shredding Services

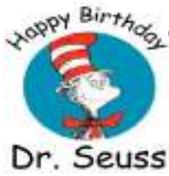
CONFIDENTIAL

DOCUMENT DESTRUCTION

Cost: .17 cents per pound
Let CHI get the job done!

330-627-5524

DROP OFF & PICK UP AVAILABLE



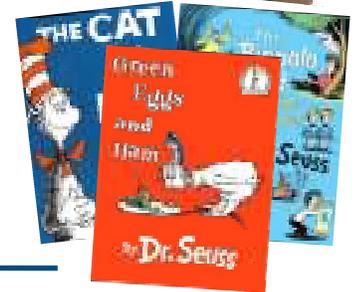
Read Across America Day



Preschool 2 is all about READING in the month of March. March 2nd was "Read Across America Day" and Dr. Seuss' Birthday. We celebrated with green eggs and ham and lots of books. Also in the month of March, Mr. Ryan's classes were challenged to read 500 books. If the combined classes can reach that goal, each child will be able to throw a pie in Mr. Ryan's face. This has really excited them and they are reading up a storm. We will also be having a book swap this month. Each child can bring in books that they have and exchange them with other students to get new books for their home library.

Happy Reading!

Ryan Buck



High School Current Events



Students in the High School class continue to work hard on a daily basis to learn skills necessary for adulthood. They continue to work in the community and in the school kitchen with Ms. Jen. We have recently started a weekly baking day, students are given a recipe to prepare independently for lunch or dessert for the class. Recently, the classroom received a new dishwasher that we have been learning how to use efficiently.

The students have also been researching history through documentaries, using our new laptops that were purchased at the beginning of the school year.

Students enjoy learning about history through the use of technology. We are also preparing for the upcoming graduation of three our students in May. Again, I could not be prouder of the progress everyone is making.

Katie Page



Special Olympics



By Tomi Moore, S.O. Coordinator

Spring is in the air and track season will begin on March 21st.



The Cougars basketball team are done with their regular games and now in April we will have all the "FUN" games.

Our last basketball game of the year we played at home against Stepping Stones Group Home from Tuscarawas County. What a great game! We won our final game. It was a very tight game the whole time. We were in the 4th quarter with maybe 20 seconds left in the game and they made a basket tying the score 47 to 47. It's the Cougar's ball and the ball is thrown to Chance Leggett. He casually goes up to the 3-point line with 4 seconds left in the game—throws it to the hoop—and swish—3 points! The Cougars win 50 to 47. The crowd went wild. Brandon Hahn was the high scorer of the game with 22 points and Chance had a total of 16. The whole team played great. They really played like a team. We are very proud of each and every player.



Bowling will continue with regular Friday bowling through May 6 and the home tournaments will be Thursday, May 12 for Women Bowlers and Friday, May 13 for Men Bowlers. Other bowling tournaments and who will attend have not been determined but will be coming soon. Bowling is also celebrating DD Month with Family & Friend Bowling on March 21 and April 4.

The Sports Banquet will be held on Wednesday, May 18th. Mark your calendars. There will be more information to come about the banquet.



Special Olympics

State Summer Games at Ohio State University will be June 24, 2016 thru June 26, 2016

The Special Olympics athlete's oath, which was first introduced by **Eunice Kennedy Shriver** at the inaugural Special Olympics international games in Chicago in 1968, is "Let me win. But if I cannot win, let me be brave in the attempt."

Cougars Community Basketball Games

March 2nd the Cougars took on the Carrollton Rotary Club in their first Community Game. Special Basketball Games for DD Month activities will carry over into April. Those dates are as follows:

- April 4—Carrollton Fire Dept.
- April 7—St Johns' Villa Staff
- April 11—Ministeral
- April 12—ODOT
- April 20—Carrollton Football Team
- April 25—Carroll Hills Staff -1PM
- April 26—NAPA
- April 28—The Farm Staff

All games will be held at Carroll Hills School at 6:30PM except for April 25.



Mrs. Haught's Super Spellers

The Intermediate Classroom consists of students in grades 2nd thru 6th. In our class, the students work on a variety of functional academics. Not only do we have a wide range of grades, we also have a wide range of academic skill levels. Each student works on academics at their current functioning level. We start each morning with our "Today is" sentence, calendar skills, weather, lunch menu, Pledge of Allegiance and activities for the day. Ryann is shown placing a sticker on the current day of the week.



Several students work on the Edmark Reading Program so that they can increase their reading skills. They work 1:1 with their teacher, to



learn new words, as well as completing worksheets at their desks. They also take weekly spelling word recognition tests. Each student that gets 100% on their weekly spelling test, gets a spelling bee place on the wall, with their name on it. Duane is shown holding a spelling bee, to add to the Spelling Bee Wall. Duane has passed all his spelling tests this year, with 100% accuracy! Beau uses a laptop to practice typing his spelling words.



In the afternoon, we work on various math skills such as counting, addition, time and money skills. We also participate in several additional activities with Miss Jen. On Monday and Friday we have gym class. On Tuesday there is Art Class and on Thursday its Health and Wellness.



By Mrs. Shelly Haught

Celebrating March DD Month continues...

Each year, during March Developmental Disabilities Awareness Month we focus on abilities and similarities rather than differences, and encourage everyone to welcome those with developmental disabilities into their community. Many new opportunities are emerging throughout the state, including community based employment options and residential opportunities that integrate people with disabilities.

The Carroll County Board of Developmental Disabilities and Carroll Hills Council sponsored special activities throughout the month in celebration and recognition of the many individuals and those in our community who help promote the Carroll Hills Programs. On March 22, the annual Developmental Disabilities Awards & Appreciation Dinner will be held at the Minerva Community Building. Tickets can be obtained by calling Chrystal at 330-627-7651. Tickets are required and cost \$10.00 for adults and \$5.00 for children 12 years and under. There will not be any tickets sold at the door.

Activities are ongoing throughout the month and listed on the last page of this Newsletter or on the calendar on our website: carrollhills.com.

Council Membership Drawing Winner



At Carroll Hills Council's January meeting the winner of our membership drawing took place and we are happy to announce that Jessica Lafferty is the winner. Jessica is a Developmental Specialist for Early Intervention at Carroll Hills School. Diana Strader, Council President, presented Jessica with a \$50 gift card. Congratulations!

DD Month Highlights



Realm of the Reptile



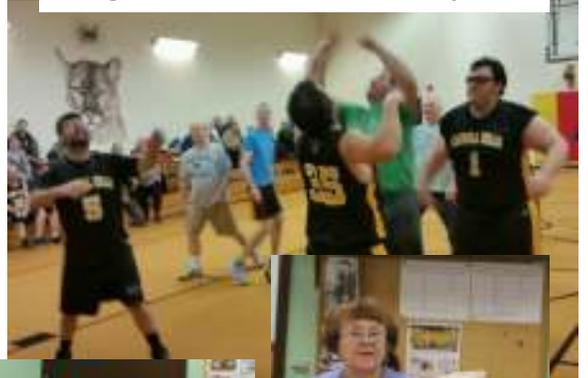
Super Hero Day



Cougars vs. Carrollton Rotary



Ms Marcia and John



Bad Hair Day



Connie from Aultman WOW Van



Under the Carroll Hills Umbrella

Promoting positive awareness of people with developmental disabilities

Carroll County Board of Developmental Disabilities

P.O. Box 429, Carrollton, OH 44615
330-627-6555

Board Members

Byron Fairclough, Pres.
Atty. Jennifer Thomas, V. Pres.
Emily Ulman, Secretary
Raye Oheidhin
Patti Gotschall
Becky Arbogast

Superintendent

Matt Campbell

The Carroll County Board of Developmental Disabilities—CCBDD Equal Opportunity in Employment, Access, and Services.
Under the Carroll Hills Umbrella, JoAnn Hilliard, Editor & Amy Swaim, Co- Editor. Send information or inquires to jhilliard@carrollhills.com or call 330-627-6555.

March Activities

Special Basketball Game March 2 - Carrollton Rotary
(More Games in April)

Card Class with Dixie, Rescheduled for March 15 at
10 AM at Carrollton Friendship Center .

Realm of the Reptile of Canton will be at Carroll Hills School on March 7 at 1 PM

Hot Pots Pottery will be at Carroll Hills Industries and Habilitation Center on March 9

John Dendak March 10 at Carroll Hills Industries

Show Stoppers from Carrollton High School March 14 10 AM

March 11 Carroll Hills Industries Enrollees will join in **Bingo held at the Golden Age Retreat**

Special Olympics Bowlers will participate in **Family & Friends Fun Bowling** on March 21 and April 4

PONDEROSA NIGHT - March 21 Support our program and enjoy a great meal and participate in a Basket Raffle Fundraiser

March 22 our **Appreciation and Awards Dinner** Tickets are available at Carroll Hills School
330-627-7651 Cost: \$10 for Adults, \$5 for children 12 and under. (**Tickets required**)

Spring Break March 24—28 Entire Program Closed

Sounds of Glory and Grace will preform at 1 PM at CHI on March 30

March 31 will begin **Game Night** at Carrollton Library meeting room 5-7 PM

April 7 at 10 AM Carroll Hills Industries will be holding **Bingo** and sponsoring gifts for the winners at **Bowerston Hills** (Beginning of a monthly event for CHI)

