

LET'S SHARE IT!



We offer quality programs and coordinate available services so that people we serve may realize their dreams and actively contribute to their community.

May, 2017

Marilyn Weidman, Editor

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Superintendent's Message

Welcome to our May newsletter,

Once again, we have been busy at Fayette DD. From our early childhood programs such as our new Aquatic Therapy to Healthy Lifestyles focusing on adults, our staff has put their creativity in motion!

These two new endeavors brought about by our Occupational Therapist, Christie Parker and our RN, Jan Cobb show the dedication and passion the staff at FCBDD take upon themselves to bring the latest and best practices to those we serve.

This newsletter is filled with articles highlighting all of the exciting happenings throughout the county. It is such a pleasure to see our advocates participating in the advocacy day at the Ohio Statehouse. To be able to meet with a State Representative and others to discuss what is important for those with developmental disabilities is an opportunity not to be taken lightly. We are so proud of those who went to represent Fayette County.

And speaking of proud, there are few events in a parents' life which pull at the heart strings more than watching your child in a cap and gown. Even if the cap and gown is pint sized!

Below you will see our graduating class waiting patiently and then entering their ceremony on the Big Day. Between the smiles on the stage and a few tears in the audience, a good day was had by all.

Dr. Seuss said it best.....

Warm regards,

Deb Buccilla, Superintendent



oh the
PLACES
YOU'LL GO
- dr. SEUSS



WORKSHOP OFFERED

Fayette County Board of DD is pleased to offer the workshop, Healthy Lifestyles for People with Disabilities. This class is a holistic wellness workshop designed for people with disabilities.

The workshop embodies the self-determination model, and its ultimate goal is to give participants the tools they need to evaluate their current life situations, identify areas in their lives they would like to improve, and to make positive changes in those areas.

The steps to achieving these goals are separated into four sessions. In sessions one and two, participants define a “healthy lifestyle” and identify values that are important to them. In session three, they learn about the components of a healthy lifestyle and identify the areas that they would like to change to move towards a healthier lifestyle. Finally, in session four, participants learn how to make positive changes in these areas by using a goal-planning process.

In the Healthy Lifestyles workshop, the five areas of a healthy lifestyle are defined as:

- Emotional Health
- Social Health
- Physical Health
- Spiritual Health/Living One’s Values
- Health through Meaningful Activities

These areas of a healthy lifestyle are embodied in a Healthy Lifestyles Wheel, a learning tool used throughout the workshop. The wheel is based on current social and psychological research as well as participant input.

The workshop is currently meeting in the conference room at the Fayette County Medical Arts Building on Tuesday evenings from 4-6 p.m. for 10 weeks. This group completed their 10-week session the last Tuesday of March and will continue to meet once a month for six months to support and encourage one another along their journey.

Guest speaker Jeannie Bihl, RN educator from the health department, has visited the group to cover topics such as “portion control” and how to make sense of food labels. Shannon Jacobs from Practical Wellness came to visit one week and taught the class a “Chair Yoga” routine as well as a “mindfulness” deep breathing technique. In the last week of March, participants tried a little “massage” therapy to celebrate completing their 10 weeks!

We are so excited to partner with our health comrades at the Fayette County Hospital to encourage anyone with any type of disability to remember we all have the right to be healthy! We have a great time sharing and working together to design a healthy lifestyle “game plan” that is unique to each person. Participants identify community resources and supports that will help them achieve their goals. Everyone has a chance to decide how to stay motivated in the quest for a healthy lifestyle.

The next session with new group members will start in September once the six-month follow-up support group meetings with current participants has ended. If you are interested or would like more information about this program provided by Fayette County Board of DD, you may call Jan Cobb, RN BSN, nurse consultant for FCBDD at 740-335-1391, ext. 248.



Massages were offered during a session of the Healthy Living workshop by Brittney Hook

Communication Workshop



**Communication is explored
in a new way for some
employees of Fayette
County Board of
Developmental Disabilities**



Staff in the early intervention, preschool, and SSA departments attended a workshop on Friday, April 7, 2017. This workshop explored AAC (augmentative-alternative communication) which helps those with severe communication disorders use strategies to enhance their communication.

Coordinated by Elaine Statti, the Board of DD's speech and language pathologist; Jennifer Monahan from PRC presented the latest in this evolving field. In particular, this workshop focused on the use of technology and how to choose vocabulary to maximize functional communication in a variety of settings and activities. Equally important was the understanding of the significance of communication not only to tell someone what you may want but maybe even more importantly to socialize and share information.

To find out more information about the services provided through the Early Intervention program at FCBDD, please call Fayette Progressive School at 740-335-1391.



CALMING ANXIETY

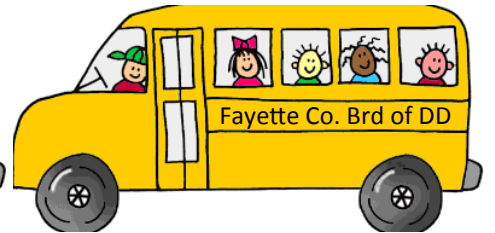
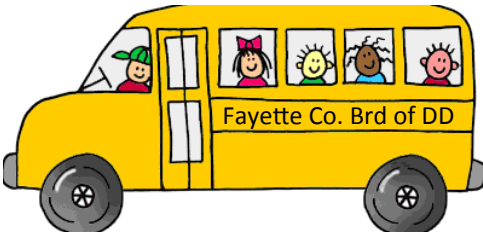
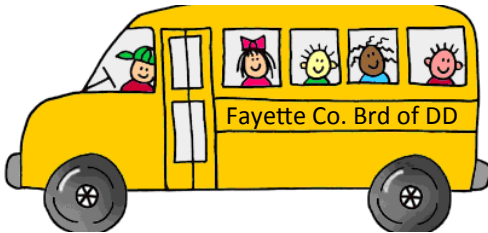
This photo and text message were sent by Elijah, Loghan and Wyatt's 'Nan-Nan' to their Service and Support Administrator Cheryl Binigar the day that they received their weighted blankets. Weighted blankets are used to calm and reduce anxiety in children and adults affected by a variety of conditions.

The blankets were purchased through Family Support Services after being recommended by a professional that the triplets see on a regular basis at the Buckeye Ranch. It's so exciting to hear how Family Support Services can benefit families and to see what great things it can do for the families we serve!

*"This is one hour after coming home from school, this never happens! Weighted blankets are awesome!"
~ Crystal Russell*

If you have questions about Family Support Services call Robyn Runnels at 740-335-7453.

END OF YEAR SCHOOL DRILLS



Fayette Progressive Preschool held a drill and practice on Tuesday morning, April 25. An Emergency Management Test is required annually for Ohio Department of Education requirements and as a way to practice and gain information on how plans are executed as part of the school emergency plan. Multiple agencies were notified of the plan including the sheriff, police, fire, and EMS departments. Two classrooms were utilized as part of an evacuation. The drill was very informative on recognizing strengths and areas for improvement. Buses were pulling out of the building within 6 minutes of the drill beginning after teachers and students quickly reached their bus upon notice of the evacuation. Police officers were on scene within a few minutes of the call and the entire drill was over within 11 minutes. We are thankful for the collaboration of all agencies in making our school a safer place!



*The police
and EMS
arrived to
the school
in a matter
of minutes!*



Students getting on the buses to go to the evacuation point.

SAFETY FIRST



The students arrive back to school safe and sound.

WHAT IS AQUATIC THERAPY?



Aquatic Therapy is very beneficial for babies and young children to improving strength, flexibility, body awareness, sensory integration, motor planning, and learning how to move their muscles in new ways. The pool is the perfect environment to learn these skills because it's safe, makes movement easy, and it's fun!

Why Water?

Water has always been considered healing or therapeutic and for good reason. Warm water can be relaxing and stimulating at the same time. It's easier to learn to move in the non-restrictive environment of the water than it is on land, plus water therapy can be turned into a very playful time so that therapy doesn't *feel* like therapy.

Here are some of the reasons why you might consider aquatic therapy for your child:

Exercises in the water are low impact. There is much less worry about stressing joints or muscles in the water. This can be a real plus for children with high muscle tone (hypertonia) who have difficulty moving.

The warm water can also relax stiff muscles so kids can gain flexibility in the water they may not have on land.

For kids and babies with low muscle tone (hypotonia), there is much less gravity in the water so it's easier for them to move using less strength. They can be buoyed and supported by the water while they exercise.

Aquatic Therapy is for children with any special need or condition such as:

- Developmental Delays
- Autism
- Cerebral Palsy
- Down's Syndrome
- Orthopedic disorders
- Neurological Conditions

Please contact the [Fayette County Board of Developmental Disabilities](#) if you have questions about our Aquatic Therapy Program. Contact Christie Parker, M.A., ATRIC at cparker@fayettetdd.com or call the Preschool at 740-335-1391



Community First Spring Highlights



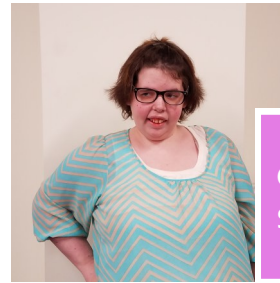
Regional Advocacy Meeting - Congratulations to the following self-advocates who hold an office in the Regional Advocacy group. Tim - Treasurer, Chuck - Vice President, and Chris - secretary. This group meets once a month in Chillicothe.



Tim,
Treasurer



Chuck,
Vice
President



Chris,
Secretary

Several members of the FACT group attended DD Awareness and Advocacy Day held at the Ohio Statehouse.

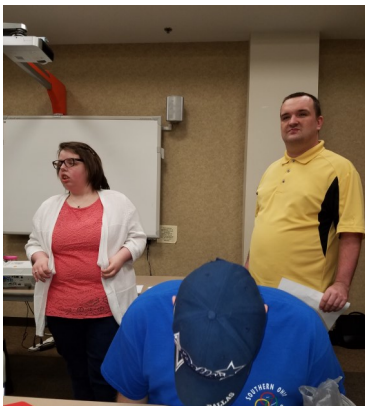


Buffy, Chad, Doug, Chuck and Kyler attend DD Awareness & Advocacy Day at the Ohio Statehouse

KEEP WATCH FOR
FCBDD'S
COMMUNITY
FIRST DIVISION
TO BE OUT IN THE
COMMUNITY
OFFERING SOME
GOODIES AS A
WAY OF SAYING
THANK YOU AND
GIVING BACK TO
THE COMMUNITY



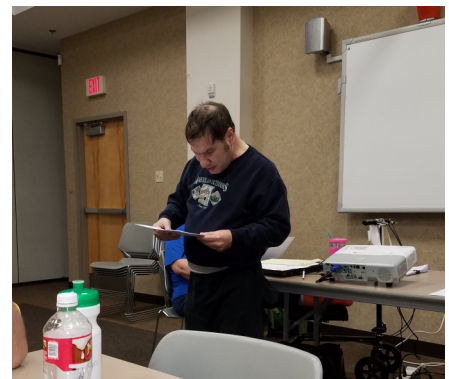
Buffy meets Zayne Harshaw at the DD Awareness & Advocacy day



Matthew and Chris share their Person Centered plans at a Regional Advocacy meeting



Chuck speaks with State Rep Gary Scherer



William presents his Person Centered plan at a recent Regional Advocacy meeting



STAND UP SPEAK OUT

FAYETTE ADVOCATING CHANGE TOGETHER

People First of Ohio assists people with disabilities, who are self-advocates, to talk about their needs and rights with people in their communities. Self-advocates make sure that people with disabilities have the right to do what they want in their lives, are responsible for their own choices, and have the right to live and do things in the community like other citizens.

Note: The Fayette County self-advocacy group FACT, has recently been approved as an official People First Chapter of Ohio.

On March 8, 2017, the Fayette County Advocacy group (F.A.C.T.) attended the Ohio Developmental Disabilities Awareness & Advocacy Day at the Ohio Statehouse. This day is set aside for all self-advocates, family members and allies to educate policy makers about the issues most important to people with intellectual and developmental disabilities.

Speakers for the day included Shari Cooper, motivational speaker and writer for the Dayton Daily News; John Martin, director of the Ohio Department of Developmental Disabilities; Bill Darling, director at Assistive Technology of Ohio, and Stephanie Barber-Maynard, Employment and Training Services Director at Creative Connections. Blues guitarist Zayne Harshaw gave a musical performance of several songs, ending with the crowd's favorite, "Purple Rain".

An unexpected visit from governor John Kasich brought much excitement to those in attendance. Kasich remarked that this has been a community that too often has been ignored. "We are beginning to understand, just beginning to scratch the surface of the amazing, hidden skills," he said of people with developmental disabilities. "You bring about a certain light that no one else can shine, and at the same time, you've changed families and loved ones to have an appreciation of life and to be able to reach out to other people and to make a difference in their lives. That's just changing the world."

At the conclusion of the event, each county had the opportunity to present concerns to their legislators. The self-advocates representing Fayette County were Buffy, Chad, Doug, Chuck, and Kyler. Buffy and Chad both shared their concerns with Senator Bob Peterson, and State Representative Gary Scherer. Buffy spoke about the Medicaid Marriage Penalty and Chad shared his concerns about transportation.

On April 6, 2017, a few members from the FACT group attended the Arc of Ohio and People First of Ohio Spring Conference in Dublin Ohio. Director of DODD, John Martin shared about the Executive Budget Proposal and its impact to the current waivers. The conference was enjoyed by all members in attendance.

Buffy had this to say about her first People First Conference "I like that I had the chance to speak up about the turnover in direct care, and I appreciated learning more about the different waivers and the changes that will be taking place."

Chuck commented that he enjoyed being with other advocates and learning about putting yourself first, and don't focus on the past, but focus on the future. Matthew said that he loved everything about the conference.



"I may not be able to look into the future, but based on my past, the future looks bright for me. Thanks to People First of Ohio, for giving me the opportunity to expand my wings." - Bill Adams, board member of People First of Ohio



thank
you!

*"The future
belongs to those
who believe in the
beauty of their
dreams."
{Eleanor Roosevelt}*

A special thank you from Ellen to Crossroads Christian Church for their generosity with a special service project. Jeremy Hyer, a member of Crossroads along with Bill Haines, a contracted employee with Fayette County Board of DD, built a shed for Ellen. Todd Mauer, pastor of the church had this to say about this project, "Thanks for another opportunity to serve others in our community! I want to thank Jeremy & Bill for their willingness to build the shed and platform. They made a great team! Hope you enjoy, Ellen! Crossroads was happy to help you in this effort. Blessings, Ellen!"



Bill Haines, Jeremy Hyer, Ellen along with Cinnamon. The project is starting to happen and Ellen is ecstatic.



Ellen and Marilyn Weidman, Admin Asst. at FCBDD with the finished product. Ellen loves her new shed.

Dreams really do come true! Ellen now has a shed for her lawn mower. The first goal was to move to a house. Now she has a "castle" (as she refers to her shed), to store her belongings. Thank you Crossroads Church, for your generosity!

Fayette County Board of DD Announces 2017 Community Award Recipients

Annually, the Fayette County Board of Developmental Disabilities recognizes individuals throughout the community who go above and beyond in their advocacy efforts for those being served by the Board.

The two awards presented are in honor of the late Mrs. Martha Wagner and Dr. Robert Heiny, two of the founding members of the FCBDD. Both Mrs. Wagner and Dr. Heiny, spent all of their lives in an advocacy role supporting the needs of individuals with DD. It was personal to them, both had children in need of specialized services who continue to receive these services to this day.

The FCBDD has awarded the Martha Wagner Community Service Award annually for over a decade. The 2017 award goes to Mr. Harry Wright.

Harry has been a staunch supporter of causes benefitting those with DD. He volunteers his time, his talents and his passion to enhance the lives of those we serve. He has a special affection for our Special Olympians and is known as the voice of the Dragons! On behalf of all of us and all of them, we award Harry Wright with the Martha Wagner Community Service Award.

In 2016, the FCBDD initiated the Dr. Robert Heiny Community Service Award. In 2017, the honor is awarded to Mrs. Jean Doughty.

Jean has been a constant volunteer for Fayette Progressive Industries, for years serving at the Annual Spaghetti Dinner, volunteering at the Annual Thanksgiving Dinner and has become known as the “go to baker” for many other events benefitting those served by the Board.

We are proud to present the Dr. Robert Heiny Award for Community Service to Jean Doughty.



Larry Mayer, board president; Deb Buccilla, Superintendent of FCBDD, Jean Doughty, the 2017 recipient of the Dr. Robert Heiny Community Service Award; Dr. and Mrs. Robert Heiny.



Pictured: Mark Heiny, David Sanders, Cody Kirkpatrick, Alice Craig, Larry Mayer, Jean Doughty, Caryl Bookman, and Harry Wright.



Fayette County Board of DD is please to present the Martha Wagner award to Mr. Harry Wright, known as the Voice of the Dragons and the Dr. Robert Heiny award to Mrs. Jean Doughty, known as the “Go-To-Baker”.



Pictured: Board member Caryl Bookman, the daughter of the late Mrs. Martha Wagner congratulating Harry Wright



Local Provider Updates

GOODWILL INDUSTRIES
of south central ohio 

Goodwill Industries held their 58th annual Dinner on Wed. April 26, 2017. Matthew Wilson was chosen for the Work Center Achiever of the Year out of all 8 counties that Goodwill serves. CEO Marvin Jones, presented Matthew with a plaque and a \$50.00 visa gift card and then shared these words from Stacey Kelley, Habilitation Supervisor with Goodwill Industries of South Central Ohio.

"I nominated Matthew because he has come a long way this past year, and as his Supervisor I am very proud of him for his dedication to his job and to his coworkers. He faithfully comes to work every day and immediately begins work and organizing his area. Matthew has shown great leadership skills and has been a mentor to our new hires. He is very kind and shows a lot of patience when his coworkers ask for help. Matthew is very eager to learn new job duties and/or to volunteer to work on the sales floor when needed. He always shows respect and excellent customer care service when he is on the sales floor. Matthew has really improved his work ethics since he began employment a few years ago."

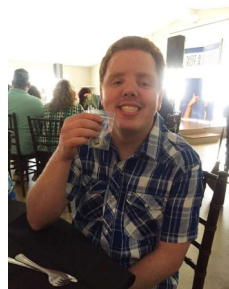
Congratulations, Matthew! Keep up the great work. For more information about Goodwill Industries, call 740-620-4036.



Employees at Goodwill Industries from Fayette county at the 2017 Banquet include: Amber, Kyler, Chris, Matthew, and Robin



Matthew receives the Work Center Achiever of the year award



Kyler is recognized for 5 years of employment at Goodwill Industries



Habilitation Supervisor Stacey Kelley from Goodwill Industries and Robin at the banquet.



Fayette County Board of Developmental Disabilities

Website: www.fayettetdd.com

Facebook: <https://www.facebook.com/fayettecountydd>

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Mission: We offer quality programs and coordinate available services so that people we serve may realize their dreams and actively contribute to their community.

Vision: To empower people to be the best version of themselves.

Values: Teamwork, Dedication, Respect, Integrity.

To request our email newsletter, please contact Marilyn Weidman at mweidman@fayettetdd.com

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