

Published by the Franklin County Board of Mental Retardation and Developmental Disabilities
'Helping people to live, learn and work in the community.'

Dr. Horn re-elected President



Dr. Raymond Horn will continue to handle the gavel at meetings of the Franklin County Board of MRDD for another year.

He was re-elected President of the Board at its annual organization meeting on January 25th. Other officers were re-elected as well. They are Vice-President Ben Hale and Secretary Mildred Blumenfeld.

Appointed to the Board in 2000, Dr. Horn has served as President since January, 2006. He has also been a Trustee of the Ohio Association of County Boards of MRDD, and was Assistant Superintendent and Director of Special Education for the Ohio Department of Education before retiring in 1999.

At the meeting, Dr. Horn announced Board members' committee assignments for 2007. Helen Ninos will chair the Human Resources Committee, while Jerry Saunders will chair the Finance Committee.

In other action, the Board approved the agency's 2007 Annual Action Plan. The plan outlines strategies to meet projected needs of service recipients, and includes the agency's philosophy and vision statements.

Frank New, FCBMRDD's Director of Planning, coordinated preparation of the plan.

John Mitchem to direct adult services

John Mitchem has been named FCBMRDD's Director of Adult Services and Chief Executive Officer of ARC Industries.

He succeeds Darrel Rutherford who retired September 30th.

John has extensive experience in the field. Since 1984, he has directed FCBMRDD's Employment Services Division. During his tenure, the number of persons served by the division grew from 10 to approximately 900.

Prior to that, he served as Adult Services Director and Director of Recreation at the Columbus Developmental Center, where he began his career in 1976.

John is committed to continuing high-quality services.

"Our program is generally known as one of the best. My hope is to become even better."

In the future, he expects to see significant growth in both habilitation and community-oriented services. Projects for 2007 include continued upgrading of information technology and preparation for a CARF accreditation review in the fall.



Meet our Board

The Franklin County Board of MRDD was established by state law in 1967.

The Board has seven members, five of whom are appointed by the County Commissioners, and two of whom are appointed by the Probate Judge.

All members of the Board must be residents of Franklin County and citizens of the United States. They must also be persons interested and knowledgeable in the field of mental retardation and related areas.

Board members serve without compensation.

The Board's primary role is to provide direction and oversight to the agency. It establishes policies, determines strategies and sets priorities.

The Board approves the annual budget and action plan. It also oversees the performance of the Superintendent who is responsible for the day-to-day operation of the agency.

The Board holds regular monthly meetings at the Pleasnick Center, 2879 Johnstown Road, at 5 p.m. on the fourth Thursday of the month. These meetings are open to the public.

Members of the public are permitted to address the Board at the end of each meeting in accordance with Board rules.

For more information, please call Linda Rockwell at 342-5950.



Dr. Raymond Horn

Dr. Horn is now serving his second term as President of the Board, having been re-elected last month. He was appointed as a Board member by Probate Judge Lawrence Belskis initially in 2000.

Dr. Horn had a distinguished career in public service before coming to FCBMRDD. In 1999, he retired from the State of Ohio as Director of Special Education and Assistant Superintendent of Public Instruction. In 2002, he was honored by the state as a "Pioneer in Edu-

cation." He was the author of the Elementary and Secondary Education Act of 1965.

Dr. Horn is a Trustee of the Ohio Association of County Boards of MRDD and VSA Arts of Ohio.

With his wife, Mary Lee, Dr. Horn resides in the Beechwold area of Columbus. His daughter, Marsha, receives services through FCBMRDD.

Ben Hale

Ben Hale, Board Vice-President, is the longest-serving member of the Board. Appointed by the County Commissioners, he served from 1982 through 1990, and again from 1997 through the present.

Mr. Hale played a leadership role in the development of residential facilities operated by Franklin County Residential Services, Inc., and in launching Creative Housing, Inc., the community housing

provider to hundreds of consumers. In 2003, he was honored by the Ohio Association of County Boards of MRDD with its Ray Ferguson Advocacy Award. An attorney, Mr. Hale is a partner in the firm of Smith and Hale, where he concentrates on land use and zoning.

He and his wife, Jan, live in New Albany. They have two daughters, one of whom is served by FCBMRDD.



Mildred Blumenfeld

A member of the Board since 1997, Mildred Blumenfeld currently serves as its Secretary. She was Board President in 2004 and 2005. As such, she was the third woman to lead the Board in its 40 year history.

A longtime activist in the FCBMRDD community, Mrs. Blumenfeld has previous experience on the Boards of Franklin County Residential Services, Inc., ARC Industries, Inc., and the Coun-

cil for Retarded Citizens. She has also worked as a volunteer at ARC Industries East, where her son is enrolled.

She is an appointee of the Franklin County Commissioners.

Mrs. Blumenfeld resides in Bexley with her husband, Ted. They have 3 children, including son, Lee, who lives at Shalom House.



Bruce Burns

Bruce Burns was appointed to the Board in 1996 by Probate Judge Lawrence Belskis. He served as Board President in 2000 and 2001.

Mr. Burns has a keen interest in the problems of parents, particularly elderly parents who are taking care of their adult children with disabilities. He has addressed this issue on a statewide basis. He also developed an emer-

gency planning tool that is widely used by families of consumers.

A professional planner, he is a partner with Burns, Bertsch and Harris, Inc., an urban design firm.

He and his wife, Margaret, live in Beechwold on Columbus' northside. Their son, Roger, attended Northeast School until his death at age 18.

Paul Coppel

Paul Coppel was appointed to the Board by the County Commissioners in 1997. He served as President of the Board in 2002 and 2003. He previously served as Vice-President and Chairman of the Human Resources Committee.

Mr. Coppel provides valuable guidance to the Board on many legal and business matters. Though he has no family members receiving services from the agency, he is nonetheless an

enthusiastic supporter of the programs and staff.

An attorney, Mr. Coppel worked with the firm of Vorys, Sater, Seymour and Pease before joining M/I Schottenstein Homes as Senior Vice-President and General Counsel. He is now in the real estate development field.

He and his wife, Lori, live in Gahanna with their four children.



Helen Ninos

Helen Ninos was appointed to the Board by the County Commissioners early last year. Since her appointment, she has served on the Human Resources Committee. In January, she accepted the chairmanship of that committee.

Ms. Ninos is the Chief Operating Officer of United Way of Central Ohio. An attorney, she has previously served

as Chief of Staff of the Columbus City Attorney's Office, and Associate General Counsel for Human Resources at the Ohio State University.

Ms. Ninos resides in Gahanna with her husband, Michael Underwood, who is also an attorney. They are the parents of three children.



Jerry Saunders

The newest Board member, Jerry Saunders, was appointed to the post by the County Commissioners last May. Since then, he has served on the Finance Committee, of which he became Chairman last month.

Mr. Saunders is the President and Chief Executive Officer of Africentric Personal Development Shop, Inc., a non-profit organization that provides personal, family and community development programs. He is also Managing Partner of UCAN Networks, a Co-

lumbus-based, community development and public relations firm.

He is a member of the Columbus Recreation and Parks Commission, and chairs the boards of 100 Black Men of Central Ohio, Inc., and Columbus After School All-Stars (formerly Inner City Games Columbus).

Mr. Saunders and his wife, Gayle, are residents of Berwick. They have one son, Jerry Jr.

Field trip to the park



Mary Flynn, Dorothy Brown and Debi Hughes with their class from Reynoldsburg Middle School get a pre-walk orientation at the nature center in Blacklick Woods.

The class has been enjoying a monthly field trip to this park and have watched carefully as the changes of each season take place. This walk concentrated on mammals. Park rangers showed the students fur pelts and skulls of the animals they might see on their walk. The class spotted 2 deer and many footprints of racoons and squirrels.

Just beyond the camera, Janet Watkins asks Karissa Jenkins about her field trip, her class and her teacher. Mary Flynn, Karissa's teacher, looks on.



Mike, the channel 10 videographer, captured the class on their walk along the nature trail.



Tips for talking with those who have hearing problems

(Editor's note: The following tips have been compiled by the Columbus Speech and Hearing Center.)

Face the person directly and at eye level whenever possible.

See that the light is shining on the speaker's face, not in the eyes of the person who is hearing-impaired.

Be aware of sound distortion.

Do not talk from another room.

Recognize that everyone hears less well and understands less when tired or ill.

Speak in a normal fashion without shouting or elaborately mouthing words. Speak slowly and clearly rather than loudly.

Keep your hands away from your face while talking. You will be difficult to understand if you are eating, smoking, or chewing.

Rather than repeating a misunderstood phrase over and over, try stating it in a different way.

Avoid rapid, rambling or complex speech. Make sure you are understood before going on.

To make sure you have been understood, have the person repeat specific information back to you.

Avoid sudden changes of topic.

A person who is hearing-impaired is often very sensitive to loud sounds even though he or she does not hear faint ones.

Speak directly to the person, not the interpreter.

Managing for success: Leadership and Service Delivery

by Marcy Samuel FCBMRDD Director of Programs

As a management team, we have often talked about leadership as it relates to staff. I want to talk about leadership as it relates to improving our service delivery.

John O'Brien and his wife, Connie Lyle O'Brien, have been in the forefront of creating innovations that help create full lives for people with disabilities. Their writings challenge us by asking how we can use our resources to assist the people who rely on us to live better lives.

The questions they pose include a belief that, at its most basic level, leadership means being able to mobilize people's resources to make progress on difficult problems.

One thing is clear — leadership does not necessarily flow from a position on an organization chart. O'Brien contends that anyone becomes

a leader when doing activities that help people face and deal with the complex situations that arise when a service organization works to learn how to assist people to make better lives for themselves.

He sees three activities of leadership for improved service quality: shaping direction through vision; clarifying legitimate purposes of services for people who need long term assistance; and guiding daily work on problems by defining the accomplishments of effective services.

O'Brien also believes that leadership shapes the vision and directs people's actions toward a desirable future that is unlikely to happen without effort and learning. And vision describes the community circumstances in which people with

disabilities can lead us as service providers.

Developing high quality human services for people with severe disabilities demands active engagement in complex, emotionally charged, ambiguous situations that may call for a reallocation of services resources. It requires effective leadership from staff, people with disabilities, and their families and friends.

FCBMRDD has gone through significant change in the past. In many ways it is going through significant change today due to the changes that have been coming down from the federal and state levels in most areas of service delivery. The ease with which we manage this change will depend on the leadership skills of all us.

Operation Feed drive to stock pantries

The FCBMRDD 2007 Operation Feed drive will begin on Monday, February 4th. By the concluding date of Friday, March 2nd, we hope to be able to collect more than 3 tons of nonperishable food and \$10,000 in cash.

The November 16th edition of the Columbus Dispatch cites statistics for the change in hunger in Ohio. "... In 1996 there were 33 states worse off, 28 states in 200-02 and just 12 in 2003-05."

Operation Feed is a volunteer campaign. This means that 100% of the food or cash donated will go directly to those who are in need. The Mid Ohio Food Bank uses the cash to leverage large donations from food producers and to buy products for special diets for the pantries. A particular need is always infant diet products.

Operation Feed serves hungry families and individuals all over Franklin County. There are 228 food pantries in the six central Ohio counties. Hunger hurts the most vulnerable in our community. Forty percent of those helped are children, another eleven percent are elderly adults. The pantries offer 3 days of food for hungry people.

People who need help in Franklin County can call FirstLINK's Food Line at (614) 341-2272. The FirstLINK operator will help find a food kitchen or pantry that is convenient and stocks the most appropriate items for the caller's needs.



FCBMRDD Coordinators

Sarah Gillilan

Denise Henkel

Mary Seelbach,
Loretta Bankston

Rhonda Gilliam

Mark Lowery, Rae Wilhelm

Jennifer Willis

Marianne Patronite

Marsha Lowe

Mike Doran, Tina Turpin,
Mary Ann Austen

Carolyn Dailey, Terri Cramer

Debbie Schafer

Amy Kulow

Dorcas Sharp

Priscilla George,
Tom Summerford

Michael Davis,
Dianne Kimberling

ECE

ECLC

Northeast School

West Central School

Hague LSC

Bixby LSC

Arc North

ARC South

ARC East

ARC West

ARC ESD & Sales

East Trans. Compound

South Trans. Compound

West Trans. Compound

Admin.

5 2/2007

Step up to nutrition ... health

Calcium – got strong bones? *by Bernie Thurn*

Many think that once we are finished growing that our bones are here to stay. Not so! Bones are living tissues. Calcium is added and removed every day. Bone mass growth is greatest from childhood through the teen years. In healthy people who exercise and have a good calcium intake, bone strength actually peaks around age 30. After this time, bone destruction exceeds construction.

99% of the calcium in the body is in our bones and teeth. The remaining 1% plays an important role in keeping our muscles and nerves working, as well as in blood clotting. If the diet is low in calcium, the body will pull it from the bones to keep the blood calcium levels normal. The more the body needs to take out, the weaker the bones become.

Osteoporosis, “porous bones”, occurs when too much calcium is pulled from the bones. They are left weak and more likely to break. This often happens as we get older. Certain medications, including some anticonvulsants, also can increase the risk for developing this condition.

So, it is important to build strong bones when young and work to slow bone loss as we get older. Some of us are past the age of building bones. But the same factors that build bone mass help to hold onto what is already there.

Calcium intake – Milk and dairy products is usually what first comes to mind when we think of calcium. They

contain high levels of this mineral as well as provide many other “bone friendly” nutrients. Many other foods are good sources of calcium also. They include green, leafy vegetables, tofu, legumes and canned fish with bones. Some foods may be fortified with calcium as soy milk, orange juice, breads, and some breakfast cereals.

Vitamin D – The sunshine vitamin is needed for calcium to be absorbed. Getting about 15 minutes of sun 3-4 times per week allows your body to produce enough Vitamin D. It is also found in milk and basic multivitamin supplements.

Weightbearing exercise – Walking, dancing, jogging, weightlifting, stair climbing all put stress on the bones. Bone cells react to stress by getting and staying stronger.

Other key nutrients – Vitamin K, protein, phosphorus, magnesium, and zinc play roles in bone health. Generally foods that are a good source of calcium also provide these nutrients.

So, the challenge this month is to add a new habit that keeps your bones healthy and strong. Select at least one from the suggestions below.

Keep easy-to-grab, high calcium snacks available. Try cheese sticks, almonds, calcium fortified cereals or breakfast bars, yogurts and pudding cups for quick pick me ups.

Fruit smoothies made with calcium fortified soy milk, yogurt or milk can be a delicious breakfast or snack that is easy to prepare.

Plan to do a weight bearing exercise for 20-30 minutes each day. Walk, jog, dance, do calisthenics, climb the stairs, or lift weights.

Serve plenty of green, leafy vegetables, broccoli and legumes weekly. Try tofu in a stir-fry. Drink calcium fortified orange juice. Add cheese to dishes.

The body is better at absorbing smaller amounts of calcium at a time. Spread calcium rich food throughout the day. If taking a calcium supplement, keep it at or below 500 mg tablet per dose. Make sure that it contains Vitamin D.

Enjoy the sunshine on your face, arms, and hands 3-4 times per week. Oh, and leave off the sunblock for that first 15 minutes to allow the skin to produce Vitamin D.

Make cooked cereals, cream soups, and hot chocolate with milk or soy milk in place of water. Add dried milk to any of these items to give a further calcium boost. Dried milk can also be added to casseroles, meatloaf, puddings and macaroni ... cheese.

(Note: The author is a registered dietician.)

Dealing with M.U.I.s

Edie Deal, Supervisor of the Major Unusual Incident Unit of the Ohio Department of MRDD, will speak at a meeting of Families United on Thursday, February 8th at 7 p.m.

The meeting will be held at Overlook Presbyterian Church at 4131 N. High Street. The public is invited.

Training with Kobe

Columbus psychologist Frank “Chip” Kobe, Ph.D., will present a training program on medications for persons with developmental disabilities at the COSERRC Center, 470 Glenmont Avenue on Monday, February 12th, from 9 a.m. to 3 p.m.

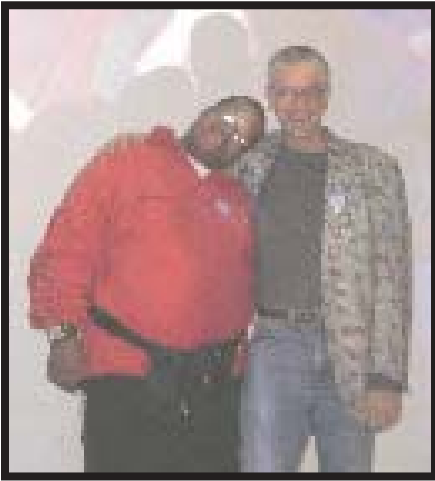
The program is sponsored by the Professional Association for Retardation and approved for certification credit by the Ohio Department of MRDD in adult services, service and support administration, investigative agents, and early intervention.

To register, or obtain details, please call 419 - 522-6207 or visit www.par-ohio.org

Good For You

Notable Achievements in the FCBMR/DD Community

Career Milestones



Professor Covey with Aaron Robinson. Photo by Jackie Boyle.

Professor **David Covey** and student **Peter Richards** of the Ohio State University's Department of Dance have been providing a weekly dance class for 15 ARC Industries employees. FCBMRDD staff member **Jackie Boyle** describes the class as "a huge self-esteem booster for our guys."

In hopes of recruiting adoptive and foster parents, **Megan Stevens** of Franklin County Children Services (FCCS) has produced a mobile exhibit of portraits of children with disabilities

served by FCCS. You can see the exhibit in the lobby of the Pleasnick Center at 2879 Johnstown Road. For more information, please call Megan at 341-6162.



Employment Services staff member **Patricia Batdorf** was the winner of the December Stand Up Competition at the First Stage Comedy Showcase held at Club Diversity on South High Street. Voting was by audience members and a panel of judges.



The newest member of the Ohio Public Images Board of Directors, **Bryan Becker**, receives a lapel pin from board member, Robert Jennings. Bryan is an employee at ARC Industries west. The pin features this year's theme for MRDD Awareness Month "Focus on what we can do."

Photo courtesy Sherry Steinman, ODMRDD Public Information officer.

30 years

Yolanda Chellis

25 years

Shirley Jordan

20 years

Rose Dexter
William Meier
Catheryn Rheinfrank
Donna Robbins
Ralph Tullis
Debra Viney

15 years

Charbeth Cooke
Marianne McCullough

10 years

Phillis Jaccaud
Cristy Scott
Josephine Thomison

5 years

Alma Austin
Traci Cooke
Denise Hamilton
Thelma Jones
Christopher Moore

Did you know?

According to Chris Edgeglow, author of *Lessons from Geese*, when they fly as a group, Canadian geese provide a great example of teamwork.

As each goose flaps its wings, it creates an uplift for the birds that follow. By flying in a 'V' formation, the whole flock adds 71% greater flying range than if each goose flew alone.

John Martin named ODMRDD Director

John Martin was appointed by Governor Ted Strickland to head the Ohio Department of MRDD (ODMRDD) effective January 15th.

Director Martin, age 54, comes from the Toledo area where he served as Director of a non-profit organization known as the Sunshine Children's Home. Affiliated with the Mennonite Church, Sunshine provides a variety of residential and community services for people with disabilities. He is the father of a 22-year old son with disabilities.

He succeeds Ken Ritchey who directed ODMRDD since 1999.

FCBMRDD Superintendent Jed Morison commented, "Director Martin brings a wealth of experience to the department. We certainly look forward to working with him."

Director Martin named 4 members of the department's management team. They are: Tracy Williams, Deputy Director for Medicaid; Michael Rench, Deputy Director for Community Services; Ann Rengert, Deputy Director for Fiscal Services; and Patrick Lanahan, consulting professional.



This photo of John Martin and his son Joel originally appeared in the Columbus Dispatch on January 18th and is used with permission. Photo courtesy of Spencer Cunningham who teaches photography at the Toledo Museum of Art and Owens Community College.

Dateline

The Franklin County Board of Mental Retardation and Developmental Disabilities

Dr. Raymond A. Horn
Mildred Blumenfeld
Bruce Burns
Paul S. Coppel
Ben W. Hale, Jr.
Helen Ninos
Jerry Saunders

Superintendent Jed W. Morison

FCBMRDD does not discriminate in employment or services on the basis of race, color, creed, sex, national origin or handicap.

The following FCBMRDD staff contribute to the monthly publication and distribution of Dateline.

Jed Morison	Carl Scott	Mary Linden
Michael Davis	Amy Baird	Martin Kerscher
Jennifer Cunningham		

News releases, story ideas and suggestions should be sent to Martin Kerscher at:

2879 Johnstown Road
Columbus, Ohio 43219-1796
614 / 475-6440 FAX 614 / 342-5000

Calendar

February, 2007

- 13 Franklin County Residential Services Board of Trustees meeting, 1021 Checkrein Ave., 11 a.m.
- 14 Happy Valentine's Day!
- 14 FCBMRDD Human Resources Committee meeting, 2879 Johnstown Rd., 4:30 p.m.
- 19 Presidents Day - all county facilities closed.
- 21 Parent League meeting, 2879 Johnstown Rd., 9:30 a.m.
- 22 FCBMRDD Finance Committee meeting, 2879 Johnstown Rd., 4 p.m.
- 22 FCBMRDD Board meeting, 2879 Johnstown Rd., 5 p.m.
- 26 ARC Industries Board of Trustees meeting, Holiday Inn On-the-Lane, 11:30 a.m.

"Quotable Quote"

"Character is like a tree and reputation like its shadow. The shadow is what we think of it, the tree is the real thing."

— Abraham Lincoln

Information about FCBMRDD is always available on the internet at:

www.fcbrdd.org