



Fall 2009

Delaware County
Developmental
Disabilities
106 Stover Dr.
Delaware, Ohio
43015
740-368-5800
www.dcbdd.org

She Ran for Others: Roxanne's Marathon Run



Roxanne at mile 25, with Wendy Billings behind her cheering and husband Chad beside her.

Sacrifice, commitment, determination and strength. We often find consumers and their families with these qualities as they live with the difficulties that may be present as a result of living with a developmental disability. After working with children with disabilities for many years, Roxanne Richardson, a family support administrator for Delaware County Developmental Disabilities, found herself needing to pull from those same qualities as she prepared to run her first marathon.

Always an avid runner, Roxanne decided to challenge herself and do a good service at the same time. Having met a local family that was eager to bring awareness to the community and raise local money to help children with Cerebral Palsy (CP), Roxanne made a commitment to run in the Columbus Marathon. Although Roxanne did not work directly with this family, she understood their fight for the much needed health care and therapies.

Beginning in June 2009, Roxanne spent hours training with MIT (Marathoner in Training). She participated in Saturday morning runs with experienced coaches and numerous informational sessions to get her

...continued on page 6.

A New Web Site For Delaware County

A new web site has been designed with one thought in mind: the consumer and the people who help provide services for him or her. As such, the committee made the site easier to use and with lot's of useful information. The web site was revealed on Oct 30th, 2009 and has been averaging about 6,000 hits a day. We invite you to take a look at www.dcbdd.org. Be sure to come back frequently to see new information on the "What's Happening" page and to see new photos and videos. As always, we welcome feedback so that we may better serve you.

Delaware County Developmental Disabilities
"Self-Determination - As people gain control, their lives improve and costs go down."

For Individuals and Families | **For Providers** | **For Community**

Callout Boxes:

- Top Left:** A place for individuals with disabilities and their families to get the information they need quickly and efficiently.
- Top Center:** A place for the provider to access everything they need to have a career in this field as well as fulfill the requirements they need to stay employed as a provider.
- Top Right:** A place for interested people in the community to find information about Delaware County Developmental Disabilities.
- Left Side (Menu):**
 - Home:** This site will be 802b compliant very soon!
 - Stories:** Uplifting and often times courageous personal profiles of consumers sharing their experiences with DCDD.
 - Policies:** Here you will find the policies of DCDD to understand how the agency provides services.
 - Training & Resources:** See what training opportunities are coming up and find valuable resources such as low cost social activities.
 - Career Opportunities:** See current job postings in the field of developmental disabilities.
- Right Side (Media Center):**
 - Columbus Pike Progress Report:** Prospective contractors can find schedules and forms needed as DCDD begins the transition to move into the new building on Columbus Pike. The public will also be able to check here for updates as well.
 - Media Center:** Look here for pictures, videos and news articles of consumers enjoying a high quality of life.
 - Full Calendar View:** Take a quick glance to see events by the day, see a full calendar view and post events.
- Bottom Center:** Highlights current events going on around Delaware County with our agency and through-out the community.
- Bottom Left:** Click here to email any staff person at DCBDD.

Is It the Flu?

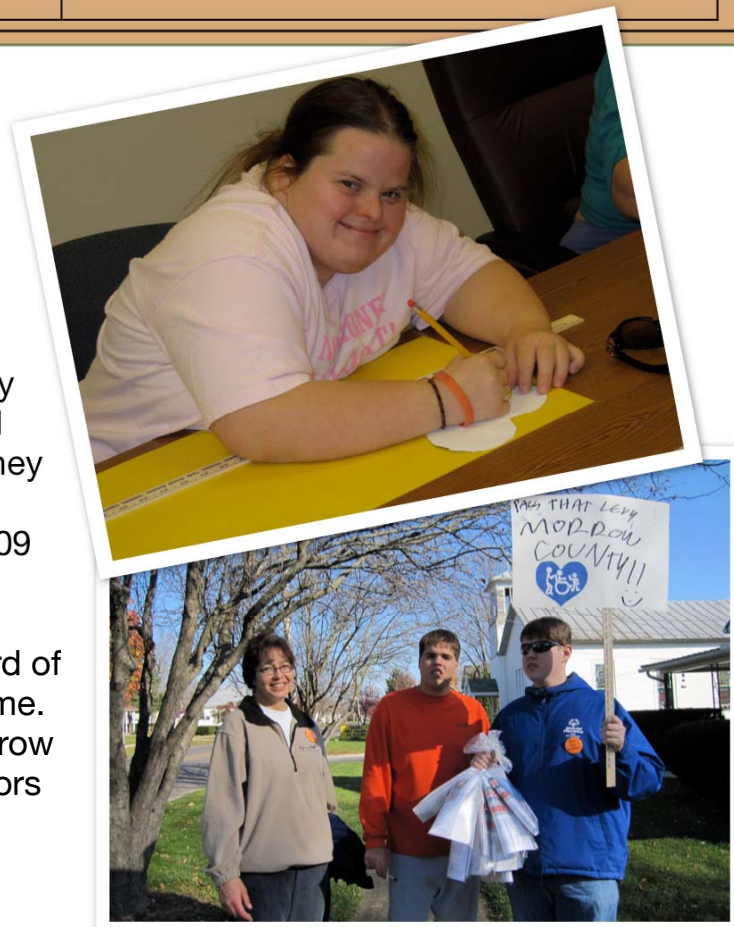
Know the Difference between Cold and H1N1 Flu Symptoms

Symptom	Cold	H1N1 Flu
Fever	Rare with a cold	Fever is usually present with the flu in up to 80% of all flu cases. A temperature of 100°F or higher for 3 to 4 days is associated with flu.
Coughing	A hacking, productive (mucus-producing) cough is often present with a cold.	A non-productive (non-mucus producing) cough is usually present with the flu (sometimes referred to as dry cough).
Aches	Slight body aches and pains can be part of a cold.	Severe aches and pains are common with the flu.
Stuffy Nose	Stuffy nose is commonly present with a cold and typically resolves spontaneously within a week.	Runny nose is commonly present with the flu.
Chills	Chills are uncommon with a cold.	A large percentage of people who have the flu experience chills.
Tiredness	Tiredness is fairly mild with a cold.	Tiredness is moderate to severe with the flu.
Sudden Symptoms	Cold symptoms tend to develop over a few days.	The flu has a rapid onset. The flu hits hard and includes sudden symptoms like high fever, aches and pains.
Headache	A headache is fairly uncommon with a cold.	You can experience a headache with the flu.
Chest Discomfort	Chest discomfort is mild to moderate with a cold.	Chest discomfort is often severe with the flu.

A Little Help for Our Neighbors

The election was just a few days away and our neighbors in Morrow County needed help in educating their community about the agency serving people with developmental disabilities. Members of Self Advocates of Delaware County and staff from Delaware County Developmental Disabilities showed much needed support as they gathered to make signs and joined others from around the state on Sunday, November 1st, 2009 to help distribute literature to voters.

Unfortunately, the levy for Morrow County Board of Developmental Disabilities failed for the 21st time. However, we will be on hand the next time Morrow County calls for help. That's what good neighbors do!



Getting to know **all R friends!**

By Kathy Cook & staff from **all R friends**.

“Friends are always there when you need them. In good times and in bad, a friend will always listen to you”.

“I’m happy because it puts me in a good mood, being at **all R friends**, because I have new friends”.

“Everyone here is a friend. We are like a family.”

These are quotes from participants at **all R friends**. When we say “come see a place where **all R friends**”, we really mean it! Everyone at this day program are friends! We are all about providing opportunities for our friends to choose from a wide variety of activities and training.

Music, for example, is a big part of our program. We have staff and volunteers who work with the participants in a number of different ways musically: helping them to learn basic instruments, setting everything up so they can sing along to their favorite songs, or performing for them. And just about every participant is involved with the music program in some way.



Each participant of **all R friends** has their own e-mail account, and each works with our staff to design and create their own web page! This allows them to share pictures, songs and information with their friends and family in a way that is easy and fun to share. It provides them with more freedom and independence to connect with people and information that they would not otherwise be able to.

Every day participants can choose to take part in fun physical activities such as basketball, yoga, dance, kickball, corn hole, Tae Bo or walking workouts, as well as other team-oriented cardio vascular exercises specially designed by our staff to incorporate both exercise and team building.

Skill building exercises are tailored to each individual depending on their goals. Some participants are interested in obtaining job skills; others simply want to learn new skills to help them do more of the things they enjoy doing. Recently, one of our participants was able to obtain a full time job with the assistance of our job skill training! Our staff members work with participants both individually and in small groups to help them develop new or further existing skills. Besides computer training we offer reading, writing, money and math skills, cooking and baking skills, social and dining etiquette, gardening, janitorial and office skills, ceramics, painting, crafts and other trainings as well.



No matter what they choose to do with **all R friends**, our participants are continually learning valuable life skills. Different life skill trainings are coordinated in such a way as to reinforce each other. **all R friends** work together, as a team, to contribute to each effort and each participant is involved so as to achieve a sense of accomplishment and success.

Of course it’s not “all work and no play” for **all R friends**. In fact, it’s far from it! We incorporate fun into every aspect of the day so that our participants are not simply learning, but having a great time learning together! And sometimes we engage in activities and community outings simply for the purpose of having fun together!

Whether it's a trip to Recreation Unlimited, Marmon Valley, a private viewing of the Blue Jackets practice (where we got autographs and were able to hang out and get pictures with the players), Clippers games, movies, state and county fairs, day trips to the Columbus Zoo, the Westerville Recreation Center or COSI, the participants have a great time, every time, together!

Now and again we organize events with a purpose for presentation to, and interaction with, an external audience. This develops a number of life skills as well, although the participants typically don't notice as they are too busy having fun being involved with the creation of the event! For example, our first annual Holiday Event this year will feature music, props, costumes, singing and dancing. A good deal of time has been spent preparing for it. From designing and creating the sets, to selecting their own groups to perform with, to shopping for and creating the props, our participants have assisted in every step of the planning and development for the presentation. They have been working very hard to be in sync musically, choreographically, in sequence transition, and they will MC the event! Every participant has chosen to be involved and will be presenting on a big stage before a large audience and we are expecting a great turnout! We will be providing desserts and beverages after the event and will also be collecting food for W.A.R.M. (Westerville Area Resource Ministries) and will be doing a community outing to take them all the food we collect. We feel that the more people we can demonstrate the love, skills and abilities of adults with disabilities to, the more acceptance and recognition people with disabilities will receive from the general public.

One of the key goals of **all R friends** is to promote greater independence and quality of life for all people with disabilities. We have two staff aides who completed courses at Columbus State and are now working assisting others with disabilities. And we were recently asked by station *GTN51* to film a public service announcement to raise the general public's awareness of opportunities available to the developmentally disabled community! In late October, the GTN crew spent a day at our facilities filming our participants in action. The following week we were invited out for a tour of their studios where the filming for the public service announcement was completed. At that time our participants were interviewed on camera to voice their opinions and discuss choices available to them with **all R friends**. The studio team is currently creating the public service announcement and we expect it to be airing before December!



For more information on the public service announcement or our day support program, please visit www.allRfriends.info. We operate out of our own wing in the Westerville Church of the Nazarene located at 355 Cherrington Road. You can get directions from your location to ours at the [contact us](#) page on either web site.

Words and pictures, however, could never fully convey the experience or feeling you get spending time with **all R friends**. For that you really need to visit. We'd really love for you to meet **all R friends**!!

Continued from page 1...Roxanne's Marathon

ready for the 26.2 mile marathon and on October 18, 2009 she came in at a time of 4:08:14. She completed a personal achievement and, at the same time, she did so much more for those around her. Roxanne was able to raise nearly \$4000.00 for The Luke Billings Foundation. This Foundation is a local charity that helps children within 50 miles of the Columbus area. Luke Billings is the young four-year-old from whom this Foundation is named.

Luke's parents, Wendy and Todd, appreciate the fact that families who have a child with CP are destined to high medical bills and expensive therapy sessions. Although Delaware County Developmental Disabilities is one agency that can help families with these expenses, there continues to be a large need for financial resources as current insurance programs only cover a fraction of the treatment and therapy needed for these children. In addition, other foundations focus on the research of medical conditions such as CP but do not actively help with the actual treatment of children with CP. The average cost of therapy can be several thousands of dollars. The Luke Billings Foundation, in connection with the Columbus Foundation, was founded to help local families with the financial burden and to bring hope to those families



Luke and Roxanne at a charity dinner.

Through this Foundation, a scholarship of \$1000.00 can be granted to a child diagnosed with CP to use for therapeutic purposes such as speech, occupational, physical or equine therapy. It is easy to calculate that Roxanne's run will help four children with such therapy. A generous gift indeed.

While it is a generous gift, Roxanne continues to be humble and is thankful to the many people who helped her complete her goal. She identifies that it was a team effort from her many supporters and that she simply physically ran the race to meet the challenge.

Roxanne is especially poignant when thanking her husband Chad, who ran the last six miles hand in hand with her, and appreciates the support he gave her during her training. He played Mr. Mom to the couple's two young children while Roxanne ran on Saturday mornings and often greeted her upon her return with breakfast and ice packs for her sore achy muscles after running 15, 18, 20 miles. Additionally, she thanks her many friends that listened to marathon talks and helped her stay focused on her commitment.

Today, Roxanne sports an injured leg and a huge smile. Her leg is on the mend and she is determined to continue her goal to run, starting with a half marathon in the spring. The pride in her face is evident but more apparent is the warmth from her presence. Roxanne truly cares about the families she works with and has met in her daily walk. This compassion is what carries her through and what makes those around her appreciate the sincerity she brings to the care she gives. Undoubtedly, the community is a better place because of this enthusiastic runner

Early Intervention Specialty Groups

The 2009 fall session of Early Intervention Specialty Groups and Parent Workshops is winding down, just as the 2010 winter session registration is full speed ahead. Over 200 families participated in a variety of groups in 2009, in several locations in Delaware County. Group facilitators include speech, physical, music, or art therapists. All are aware play and exploration is how young children learn, and parents and other significant caregivers are the child's most important teacher.



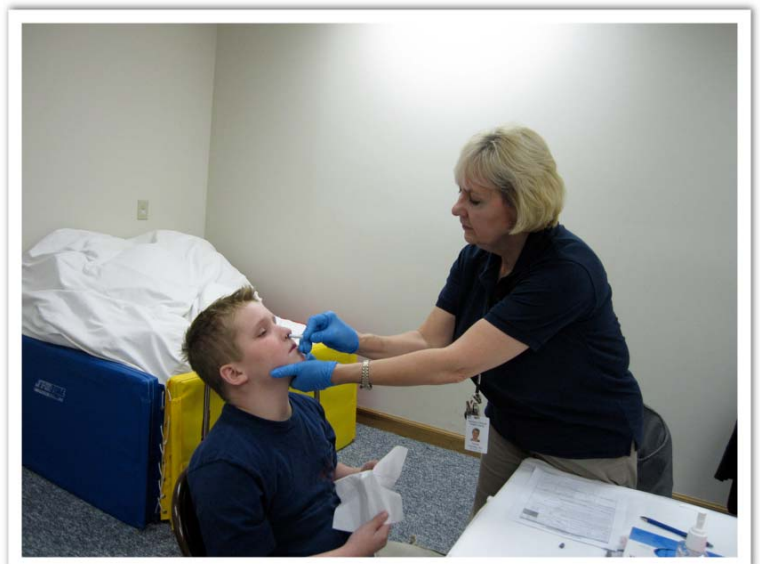
Pictured here is Sarah Howell's music group where children can practice choosing and asking for bells, drums, shakers, or taking turns on the guitar, or join in a parade. On the last day of the fall term, parents praise Sarah's group by telling us: "I loved this group. My daughter really responded to this type of therapy. It was fun and we enjoyed it each week." "It's a wonderful class. My son enjoyed it and especially the guitar part. I liked the different instruments she takes out. There is lots of variety!"

We'd like to take this opportunity to thank our partners in helping us provide Early Intervention Specialty groups in several locations throughout the county: Grace Point Community Church in Lewis Center, Heritage Christian Church in Westerville, Pediatric Therapy Partners in Lewis Center, and Powell United Methodist Church in Powell.

H1N1 Clinic Offered

Delaware County Developmental Disabilities (DCDD) made arrangements with the Delaware General Health District to coordinate and schedule a H1N1 clinic on Tuesday, November 17, at the Dunlap Center in Delaware, Ohio. It was by invitation only for individuals who have disabilities that preclude them from the ability to stand in long lines with the general public.

The clinic was offered at no cost to children eligible for DCDD services. Nurses from Delaware General Health District gave 28 children either the H1N1 Flushot or Flumist.



Caitlyn Checks In

*Caitlyn is a Jr. at Wright State University and, just as her fall semester begins, gives the editor an update on her remarkable progress as a college student.



“Since I talked with you last I have overcome many challenges. For one, I have a health class off campus and I had to figure out a way to get there. The first thing I did was look at the class list online to see if I knew anyone in the class, and it turns out that I did. My friend takes me to the class, however, there are also bus systems that I could have used as well.

Lately, I have had problems with my power chair, so I had to take it into the shop and they had to keep it for awhile. I use the chair to get to class so I was not sure what to do when they had to keep the chair. I found out that the Office of Disability Services have a few chairs but most of them are manual. I ended up using a friend’s power chair that she does not use that often. A week later I got my chair back.



This quarter my classes are going well. They are not too hard, however, they are very time consuming. A key to doing well in your classes is time management. It will take a while to learn how to do this when you first get to college, but you will learn how to manage your study time as well as other things.

I have made a lot of friends over the past three years. Although, all of us are usually busy we still manage to make time to hangout, even if it means doing homework while spending time with each other. We also go out to eat a lot at places across the street or on campus.”



Delaware County Early Intervention program recognized two long-term employees in November. Beth Amato, EI Specialist, has been with the County Board for 20 years, and Linda Hartford-Davis, Director of EI for 15 years.



*Happy
Thanksgiving
to your family
from
Delaware
County
Developmental
Disabilities*