



*Jay Courson (left) and Ron Good put their talents to good use painting the E.S. Weiant Center in time for the new school year. They also helped move therapy and office equipment as part of an effort to better-utilize space. (Photo by Stephanie Trager).*

If you've recently visited the E.S. Weiant Center, you probably noticed the fresh paint in several rooms, newly-polished floors and (in the words of Superintendent Nancy Neely) a "significant reallocation of space."

The therapy staff has moved to a larger room that previously was used by the Licking County Health Department's Help Me Grow staff; early intervention service coordinators plan to move to a former preschool classroom; and the former service coordination office will soon return to its previous use as a conference room.

The staff returned to work August 20 in preparation for the start of preschool classes this past Monday. More than 60 students are enrolled this year.

Welcome back to everyone -- we're looking forward to an exciting new school year!



## August LICCO Team Member of the Month

*Karen Coey*

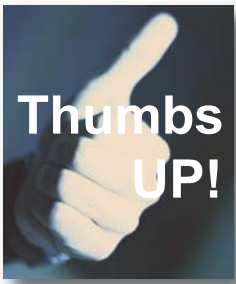
Pataskala resident Karen Coey goes above and beyond the call of duty, that's why she was named LICCO Inc. Team Member of the Month for August. "She is an awesome role model for anyone looking to improve their work skills," says Workshop Specialist Kendra Corsi. Karen has made a huge impact on the production department since she started working at LICCO in January 2007, notes Adult Services Facilitator Doug Price. "Karen works diligently, and is often called upon to perform some of our more difficult tasks," he says. "She is always willing to tackle any job given to her. Congratulations, Karen!"



## August Staff Member of the Month

*Lanette Dennis*

Lanette is an instructor's assistant who is responsible for music education at the E.S. Weiant Center. She was nominated for this honor by two anonymous staff members. One describes Lanette as the "music woman," while the other lauded her for the ability to accommodate all children -- regardless of their abilities -- so they can share her love of music. "It is not uncommon to see Lanette and her guitar going around the school with a long line of children just like the Pied Piper." One thing's for sure, Lanette -- "we think you're wonderful!" Thanks for all you do!



'Thumbs Up!' to the **CES drivers** for the teamwork they provide at loading time in the afternoon at LICCO. Also, a 'Thumbs Up!' to the entire **Transportation Services staff** for the dedication they have shown throughout the summer months when, at times, we were not sure who was driving or assisting on the buses.

- **Donna Flack, Transportation**

'Thumbs Up!' to **Teresa McCullough** (Administration) for painstakingly preparing the mailing list for the annual Individual & Family Survey. 'Thumbs Up!' to **Rena Williams** (Administration) for tallying the I & F Survey, along with the Provider and Follow-Up surveys, and for helping me to prepare for my first outreach program at Granville High School.

- **Heather Odendahl, Administration**

'Thumbs Up!' to **Jay Courson** and **Ron Good** (E.S. Weiant Center) for putting up with the opinions of nine women regarding paint colors and assembly of the new therapy office! We may disagree on some things, but we all agree we could not have done this without your help and patience!

- **Therapy Staff, E.S. Weiant Center**

'Thumbs Up!' and congratulations to **Nate Delawder** for earning a gold medal in the softball throw, being on the gold-medal-winning 4x100-meter relay team, and earning gold for the 10-meter run, all at the Special Olympics Ohio competition.

'Thumbs Up!' to **Adam Hare** for winning a gold medal in the softball throw, and a silver in the 100-meter run. 'Thumbs Up!' to **Doug Price** (Adult Services) for his impeccable manners in working with people at LICCO. Regardless of the situation, Doug seems to always remain calm, attentive and caring with everyone. Doug is a tremendously-skilled professional who is a great role model. 'Thumbs Up!' also to **Nancy Neely** (Administration), **Chanda Busse** (Service Coordination) and **Dr. Chip Kobe** (Administration). They worked hard and have been very supportive during a difficult situation trying to assist someone moving back to Licking County.

- **Bill Godwin, Service Coordination**

'Thumbs Up!' to **Dyane Stickel** and **Loretta Stewart** (Transportation Services) for being the first staff members to take CPR training on MRDD Works.

- **Barb Luce, Administration**

'Thumbs Up!' to **Bill Cade** (Adult Services) for coordinating crews of LICCO employees and temporary workers. He made sure that everyone knew the expectations of the job, and gave them feedback throughout the two-month run. We made about

192,000 bags of stickers, which means nearly 15 million individual stickers will be in schools across the country this fall. While many contributed to this effort, Bill was the foundation of a long, hard and successful run for WS Packaging.

- **Mike Edgar, Adult Services**

'Thumbs Up!' to the **Center for Disability Services** for effectively dealing with an emergency situation. 'Thumbs Up!' to CDS's **Jodi Davis** for opening her home in this situation.

'Thumbs Up!' to **Tacie Omen** (Service Coordination) for volunteering to be our United Way coordinator. 'Thumbs Up!' also to **Silvia Murrey** and **Robin Verkest** (Service Coordination) for attending the training to be Being Safe instructors. This will bring a great opportunity to many individuals.

- **Kristen Morris, Service Coordination**

'Thumbs Up!' to **Nancy Edmister** (Transportation Services) for working during her week off to cover for another staff member who had a death in the family.

- **Debbie Freese, Transportation**

'Thumbs Up!' to **Gary Smith** (Administration) for working with Adult Services on a four-county application to the Rehabilitation Services Commission (BVR) to receive funding for a pathways program, which is targeted to young adults who want to enter the working world. Gary dropped everything he was doing to help with the required budget piece. Thanks ever so much, Gary! 'Thumbs Up!' to **Barb Luce** (Administration) for everything she has done to get our MRDD Works program up and running. This program will make completion of annually-required inservice trainings so much easier and less time intensive. We will all enjoy the rewards of Barb's hard work for years to come! 'Thumbs Up!' to **Denise Rose** (Adult Services) for running an outstanding transition program for young adults this summer, and providing such a meaningful learning program for the participants. And, last but not least, a 'Thumbs Up!' to the following LCBMRDD staff members who were specifically mentioned in the Individual & Family Surveys (more information will be available to staff soon) for the great work they do for the people we serve:

- **Service Coordination:** Louise Williams, Abby Spear, Laura Cohen, Diana Shannon, Lea Bonner, Cheree Nelson, Angie Finck, Jaime Lawson, Lorrie Miller, Monica Franks, Dorinda Burley, Molly Butt, Marina Anderson, Beth Wait, Beth Rutter, Robin Campbell, Holly Wheeler, Kristina Ramey.

- **E.S. Weiant/Ann Davino centers:** Diane Dodson, Amy Thieken, Betsy Nixon, Amy Todd, Susan Kennedy, Sally Drake, Caley Norton.

- **Adult Services:** Sam Schirtzinger, Kyle Miller, Portia Sparrow.

- **Nancy Neely, Administration**

## Almost ready to launch: [www.LCBMRDD.org](http://www.LCBMRDD.org)

As mentioned in *The Loop* last month, we are putting the finishing touches on [www.LCBMRDD.org](http://www.LCBMRDD.org). It should be launched the first or second week of September, so stay tuned.

## August staff anniversaries

David Acheson (9), Michelle Buckenburger (10), Judy Buehler (1), Robin Campbell (2), Debra Devore (3), Patti Gibson (11), Ron Good (9), Michael Hogue (1), Sharon Humphrey (24), Susan Kennedy (9), Barb Luce (19), Kim Lutman (1), Jan Raymond (20), Beth Rutter (6), Dea Shaw (15), Roseann Stypula (13), Stephanie Trager (7), Beth Wait (11), Mark Williams (8).

## Who's new?

**Rena Williams**, Secretary, Administration.

**Dora Young-Ford**, Service Coordinator, has rejoined the LCBMRDD in the Service Coordination component.

## Who's moving?

**Kendra Corsi**, Workshop Specialist, Adult Services, will move to the secretarial position at Service Coordination beginning Sept. 2.

**Melissa Gordon**, former Instructor Assistant, E.S. Weiant Center, has joined Adult Services at LICCO as a Workshop Specialist Substitute.

## Employment opportunities

There is one job opening within the LCBMRDD:

- **Workshop Specialist**

For more information, please contact Human Resources Director Louise Decker (Administration) at 349-6588, or [l\\_decker@lcbmrdd.org](mailto:l_decker@lcbmrdd.org).

## Volunteers needed

We are in the process of organizing a group of LCBMRDD staff members, individuals we serve, and their families to participate in the Newark Area Jaycees/United Way Community Parade. It takes place on Sunday, Sept. 21. We'll line up behind Wilson Middle School off Greenwave Drive starting at 12:30 p.m. The parade departs at 2 p.m. and follows Church Street east. The parade disbands at the intersection of East Main and First streets. There will be a chicken barbeque on the Square (proceeds benefit the United Way of Licking County) following the parade, and live entertainment will be provided in the gazebo should you care to stay after the parade. We think this is an important show of LCBMRDD and community pride. If you care to join us, please call Heather Odendahl, Administration, at 349-6588, or send an e-mail message to: [admin@lcbmrdd.org](mailto:admin@lcbmrdd.org).

## All-staff training/picnic update

Please remember that tomorrow (Friday, August 29) is set aside for the staff inservice and annual picnic. The day begins at 8 a.m. at the E.S. Weiant Center for diversity training with Cliff Biggers. Business-casual attire is expected during the training session. Training concludes at 11:30 a.m. At 12:30 p.m., the picnic begins at the Newark Maennerchor park. Feel free to change into shorts and sandals either before or after arriving at the park. We'll have an afternoon of food and fun, with a luau theme. Some highlights will be games, "White Elephant" prizes and the popular dessert contest. If you have any questions, please contact your Staff Council representatives:

- **Administration:** David McManus or Bonnie Whiteman.
- **Transportation:** Bobbie Cooper or Pam Stickle.
- **E.S. Weiant Center:** Stephanie Trager or Bonnie Baker.
- **Adult Services:** Angie Watson or Kendra Corsi.
- **Service Coordination:** Paige McCorkle or Lori Guthrie.

## Fair helpers appreciated

Thanks to everyone who volunteered to work various shifts of the Hartford Fair and Pataskala Street Fair to promote the LCBMRDD and LICCO products:

- **Hartford Fair** -- Kendra Corsi, Lindsay Atkins, Christine Burkamp, Abby Spear, Linda Hogue, Kathy Moore, Laura Cohen, Diana Shannon, Jennifer Denney, Gary Smith, Dori Burley, Lea Bonner, Marina Anderson, David McManus, Kyle Miller, David Goslin, Arletta Hinger, Bonnie Whiteman, Teresa McCullough, Barb Luce, Louise Decker, Wanda & Tanner Krupp, Robin & Jim Wilson, Robin Verkest, Tacie Omen, Emily & Silvia Murrey, Jaime Lawson, Angie Finck, Molly & Abby Butt, Cheree Nelson, Gary Wimer, Lori Guthrie, Keith Kokensparger, Vicie Wallace, Debbie Freese, Eddie Marz and Dean Odendahl.

- **Pataskala Street Fair** -- Molly & Abby Butt, Vicki Wilkey, Debbie Neighbarger, Bonnie Whiteman, Jennifer Denney, Caley Norton, Diane Dodson, Nancy Wood, Rennae & Dori Burley, Debbie Freese, Dyane Stichel, Robin Verkest, Tacie Omen, Heather Wolfe, and Gary & Becky Smith.

- **Heather Odendahl (Administration)**



*At the Hartford Fair, pictured from left to right are: Christine Burkamp, Abby Spear, Kathy Moore and Linda Hogue.*

# Get on the Worksite Wellness bandwagon (and the treadmill, while you're at it) to improve your health

In January 2007, the Licking County employees' Worksite Wellness plan was launched through MedBen. Since then, it has proven extremely successful, according to the county's Human Resources Department. The number of participants this summer reached 160 and continues to grow. Here are some key highlights:

- Comparing the first six months of 2007 with the same period this year, self-reported visits to emergency rooms or urgent care facilities have decreased 88 percent.

- Comparing January through June 2007 with the same period this year, participants showed a significant decrease in absenteeism -- from 454 to 67 days. (Editor's note: See the Attendance Incentive item on page 5).

- In the first six months of 2008, nearly 500 pieces of educational material were distributed to employees, spouses and dependents.

There are national and local long-term efforts to reduce the percentage of adults who are obese to 15 percent. Licking County currently is at 52 percent, a decrease of seven percent over the first six months of last year, but obviously we still have a long way to go!

There is a need to reduce the number of adults who do not engage in physical activity. The national target is 20 percent. Licking County currently is at 36 percent. While that number, too, is nowhere near the target, it is a significant decrease over the same time last year, which was 47 percent.

If you are enrolled in the county's health plan, you have access to the wellness program, which provides ongoing confidential support to those who want to make improvements in their lifestyle and health status. Each participant is assigned a nurse, or "coach" who will help to establish realistic goals and create a practical plan to reach those goals. You receive advice over the phone and resources to assist you along the way. You can learn to lose weight, eat healthier, manage stress, establish an exercise program, and/or manage a chronic condition. To get started, you need to provide your coach with information about your family medical history and lifestyle habits. As MedBen notes, this type of personal support likely would be too costly to purchase individually, but because the county provides this service through the health

plan, it is at no additional cost to the participant. For more information and to enroll, please call Clinix at (800) 854-8206.

## We asked, you responded

A short time ago, we requested staff members submit their advice on how to stay healthy, feel healthy and be well. Here they are:

- I thoroughly enjoy my weekly running program. When I first began running many, many years ago, my reason like many others was because I was involved in athletics. After high school, college and military service, the requirement to train was lifted. Now the choice was mine to continue or completely forget about a rigorous training program. Thankfully, after nearly 40 years, I feel I made the choice that has had a tremendous impact on my life. I encourage everyone

to become involved an active lifestyle. For me, it involves running at a pace that will completely challenge my cardiovascular system. On non-training days, I really enjoy walking. I view running as a holistic approach to a healthy lifestyle. Not only do you receive the physical benefits, but also the mental and spiritual avenues. Please contact me if I can be of assistance with your program.

- Gary Wimer, Adult Services

- At a recent Weight Watchers meeting, they changed the name of exercise to "recess." It puts a fun spin

on the idea of walking or exercise. For weightloss, remember that you didn't put the weight on overnight -- it won't come off overnight. From experience, I know that it is a slow, steady process. Keep in mind ERSW: Eat sensibly, Recess (get up and move), get plenty of Sleep, and drink plenty of Water.

- Barb Luce, Administration

- Severely limit your chocolate intake and walk as far as you can every day.

- Nancy Neely, Administration

- I am on Weight Watchers and I have lost 50 pounds since the end of February. I average losing about two pounds a week. I eat fresh fruit and vegetables. I eat oatmeal with soy milk and fruit every morning. I have six to eight glasses of water a day -- no pop. I walk two to three miles a day (my dog also enjoys these walks). I don't eat red meat -- I eat a lot of chicken fixed several different ways. I do weight lifting every day to tone my muscles. I fix desserts that are fat free or I use Splenda. I allow myself one day a week to enjoy a food that is not on my plan, like pizza or a taco (but only one or two pieces). I take health-food supplements to ease my aches and pains and help with my cholesterol.

- Debbie Freese, Transportation



# Wellness, continued from page 4

## More tips and tricks from your coworkers:

- Use a luncheon-sized plate rather than a dinner plate for your meals. Your plate will look much fuller so your eyes will think you are eating more -- I've done this for years.  
- **Louise Decker, Administration**
- I have a tip about clothing -- it kind of pertains to wellness in that if you wear what you are comfortable in, you feel good about yourself and it becomes an aid to healthy self-esteem. A young lady who cares for one of the individuals we serve came into Service Coordination. She complimented me on the shirt that I was wearing. She had commented on her own clothing and the number of children she has. I suggested a tip: For many women, an empire-waisted shirt or blouse will do wonders to hide what you don't want others, or yourself, to see. The high waist emphasizes the tiny waist that you have (whether or not you think you have one). Look for a band that is about one- to two-inches thick.  
- **Elyn Tibbs, Service Coordination**

## From the Web

The Internet can be a great resource for health and wellness information, but please be advised that you should seek information only from reputable sites, such as:

- [www.webmd.com](http://www.webmd.com)
- [www.wellnessjunction.com](http://www.wellnessjunction.com)
- [www.clevelandclinic.com](http://www.clevelandclinic.com)
- [www.mayoclinic.com](http://www.mayoclinic.com)
- [www.nih.gov](http://www.nih.gov)
- [www.medlineplus.gov](http://www.medlineplus.gov)
- [www.medicinenet.com](http://www.medicinenet.com)

There are many good resources out there, but these are just a few examples. You should always use recognized authorities and check out who is responsible for the content. Is it a branch of the Federal government, a non-profit group, a professional organization, a hospital or healthcare agency, a commercial organization or a "blogger?" Stick with sites sanctioned and/or maintained by professionals. Skip the bloggers.

Websites should have a way to contact the organization or Webmaster. If the site provides no contact information, use caution.

According to Medline Plus, there is a lot of quackery on the Internet. Avoid sites that make health claims that seem too good to be true. Also, stay away from anything that promises quick, dramatic, miraculous results.

Use caution if the site uses a sensational writing style (with a lot of exclamation points, for example). A health Website for consumers should use simple language, not technical jargon.

It's wise to check more than one reliable site for information and medical opinions. Rely on current medical research to guide you. But probably the best advice is -- when in doubt, contact your personal physician.

## Health briefs

• Wellness Junction, a reputable online health-information provider, reports that obesity costs American companies as much as \$45 billion a year in medical expenditures and work loss. The rate of obesity in this country has doubled in the last 30 years to 34 percent. Obesity also is associated with a 36-percent increase in spending on healthcare services, more than smoking or problem drinking.

Because of these statistics, more than 40 percent of U.S. companies have implemented obesity-reduction programs, and 24 percent more said they plan to do so this year.

• Many of us want six-pack abs, or to-die-for gams, all in the name of "looking good" on the outside, says national fitness guru Joe Decker in a published article for Wellness Junction. Unfortunately, we often overlook what's important on the inside. We need to focus on the body's most important muscle -- the heart -- Decker says. Coronary disease and stroke accounted for more American deaths four years ago than all forms of cancer combined.

When you exercise, you deliver oxygen-rich blood to the muscles as you intensify your workout. To avoid risk for a heart attack or stroke, don't lead a sedentary lifestyle -- plan to engage in regular physical activity. The best advice is to be sure to check with your doctor before starting any new workout routine, and keep a careful watch on your LDL, or "bad," cholesterol. High LDL levels can result in more plaque deposits in your arteries.

Just remember, Decker cautions, there is no magic bullet when it comes to keeping your heart muscle and cardiovascular system in good shape. A combination of lifestyle changes and talking with your doctor about diet, exercise and the use of medications (if needed) can put you on the road to maintaining a strong and healthy heart.

## Attendance incentives

Congratulations to those LCBMRDD staff members who earned an additional half personal day for non-use of sick leave during the second quarter, ending June 28, 2008:

- **Transportation** -- Debbie Freese, Don Bolen, Carolyn McCallister, Laura Brown, Mike Hogue, Nancy Edmister.
- **Adult Services** -- Bev Ramsey, Daryl Waterman, Debbie Neighbarger, Debbie Pound, Debbie Rine, Doug Price, Gary Wimer, Jackie Moore, Janice Palmer, Judy Moushey, Kathy Thornton, Krista Dixon, Kyle Miller, Linda Hogue, Rod Williams, Roy Stutz, Sam Schirtzinger, Vicki Waterman, Vicki Wilkey.
- **Administration** -- Arletta Hinger, Barb Luce, David McManus, Nancy Neely, Louise Decker.
- **Service Coordination** -- Angela Finck, Bill Godwin, Bridgett Finch, Cheree Nelson, Holly Carr, Jaime Lawson, Lori Guthrie, Lorrie Miller, Robin Verkest, Silvia Murrey, Tacie Omen.
- **E.S. Weiant** -- Chris Downs, Debra Devore, Holly Wheeler, Judy Buehler, Robin Campbell, Ron Good.



# The Staff Scoop

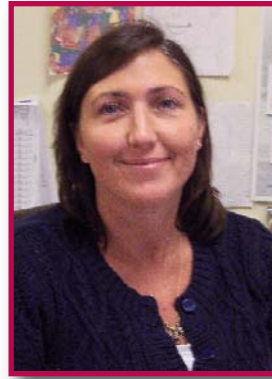
This new feature puts LCBMRDD staff members in the spotlight. It is intended to help us all get to know one another better. Names were drawn by component: Administration/Transportation, Service Coordination, Adult Services and the E.S. Weiant Center. The staff members were randomly selected and given questionnaires, and were instructed to answer any of the questions they preferred.



## Amber Rowley

- **Component:** Administration
- **Title:** Receptionist
- **How long have you worked at the LCBMRDD?** Almost 10 years.
- **What do you like best about your job?** The people I work with.

- **Where did you grow up?** Alexandria
- **First job:** Kroger in Johnstown
- **When you were a child, what did you want to be when you "grew up?"** An author.
- **Who is/was an influential person in your life?** My grandmother
- **If you could meet any person (living in the past or present), who would it be?** Princess Diana
- **Tell us about your family/pets:** I have four dogs -- Chelsi, Triniti, Scarlett and Bo; a hamster -- Buttons; and a fish -- Barney.
- **Hobbies/interests:** Writing novels
- **Favorite book(s) and/or author(s):** J.K. Rowling
- **Favorite movie:** The Family Stone
- **Favorite TV show:** Dancing With the Stars
- **Favorite musical genre:** Country
- **Favorite food(s):** Italian
- **Favorite vacation spot (where you've been or would like to go):** New York
- **What would you do if you won the lottery?** Move



## Beth Hopkins

- **Component:** Business Manager,
- **Title:** Adult Services
- **How long have you worked at the LCBMRDD?** Since November 2006
- **What do you like best about your job?** The people we serve.

- **Where did you grow up?** Holmes County
- **First job:** A waitress/cook/cashier at The Prairie House in Big Prairie.
- **When you were a child, what did you want to be when you "grew up?"** A teacher.
- **Who is/was an influential person in your life, and why?** My dad because he knew everything.
- **Tell us about your family/pets:** Husband Josh, a power lineman with New River Electrical; son Logan, "almost" 11; daughter Morgan, 8; and son Harley, 4.
- **Hobbies/interests:** Kids, work, kids.

**Coming in the September edition of *The Loop*: More wellness information!!**

**Who will be "Scoop'd" in September?  
Just you wait and see...**



## Silvia Murrey

- **Component:** Service Coordination
- **Title:** Service Coordinator
- **How long have you worked at the LCBMRDD?** 14 years.
- **Have you worked in other positions besides your current one?** I started out as a Workshop

Specialist at LICCO, then worked as a job coach, then with service support, and for the last 6 years as a service coordinator.

- **What do you like best about your job?** Making a difference in someone's life, even a small one.
- **Where did you grow up?** Kerpen, Germany
- **First job:** Waitress
- **When you were a child, what did you want to be when you "grew up?"** Astronaut, ever since I watched the first moon landing.
- **Who is/was an influential person in your life, and why?** My mother -- she told me never give up, life is an adventure. My mom raised 11 kids.
- **Favorite inspirational quote/word of advice:** Treat people the way you want to be treated.
- **If you could meet any person (living in the past or present), who would it be and why?** Bette Midler -- funny, great zest for life, and she says and shows it is okay to be different.
- **Tell us about your family/pets:** Married to husband Kevin for 6 years; grandson, Carson; son, Matthew; daughter, Emily; and stepson, Nick; one dog, "Ticki the Cutes," a Chihuahua.
- **Hobbies/interests:** I love to read.
- **Favorite author:** Dean Koontz
- **Favorite movie:** The first three "Star Wars" movies.
- **Favorite musical genre and/or artist:** 60s and 70s, Fleetwood Mac.
- **Favorite TV show:** "Stargate SG1"
- **Favorite celebrity:** Tom Hanks, Bette Midler
- **Favorite food(s):** Chocolate, chocolate, and oh yeah, chocolate.
- **Favorite vacation spot (where you've been or would like to go):** Never been to Alaska or Egypt.
- **What would you do if you won the lottery?** Travel, set up a fund for supported living needs.
- **Is there anything else you'd like to add?** I work with a great bunch of people -- looking forward to another 15 years.



## Amy Todd

- **Component:** E.S. Weiant Center
- **Title:** Instructor
- **How long have you worked at the LCBMRDD?** Nine years.
- **What do you like best about your job?** I like the students and the people I work with.
- **Where did you grow up?** Harmony, Pennsylvania (30 miles

north of Pittsburgh).

- **First job:** Surgery assistant for an ophthalmologist.
- **When you were a child, what did you want to be when you "grew up?"** A nurse or a teacher; I started out in nursing and ended up as a teacher.
- **Who is/was an influential person in your life, and why?** My mother was most influential, but most of my teachers during school.
- **Tell us about your family/pets:** I have five children, two dogs, one cockatiel, one iguana, and one African grey parrot.
- **What are your hobbies/interests?** I love to garden and take care of my family.
- **Favorite movie:** National Treasure
- **Favorite TV show:** "Monk" and "CSI" (Vegas).
- **Favorite musical genre and/or artist:** All types.
- **Favorite food(s):** Chocolate and peanut butter.
- **Favorite vacation spot (where you've been or would like to go):** Alaska
- **What would you do if you won the lottery?** Take care of my family and move to upstate New York.