

## Submit your recipes for new cookbook

The Staff Wellness Committee is putting together a collection of tried-and-true recipes.

But they can't do it without your help -- please send in your submissions!

This is an exciting project that will finally get that special recipe of yours the credit it deserves!

We will collect these recipes now through the end of January, bind them into a book and sell them for a minimal cost.

The money raised will be used for incentive prizes for our various wellness competitions.

So, dig out those winning recipes and send them (typewritten, if possible) to **Barb Luce** (Administration) with the following information and in the following format:

1. Name of the recipe
2. Name of the person contributing the recipe
3. Ingredients and quantities needed, in the order in which they appear in the directions
4. Cooking directions
5. Prep time and cooking time
6. The number of people the recipe serves
7. Any special cooking tips or advice

You may submit as many recipes as you'd like, and in any categories that you want.

Some categories to consider are:

- Appetizers & Snacks
- Breakfast & Brunch
- Vegetables & Side Dishes
- Soups & Stews
- Meats, Poultry and Seafood Main Dishes
- Casseroles
- Quick Suppers
- Desserts
- Fun with Food (for dough ornaments, etc.)
- Miscellaneous Recipes that don't really fit into a category

Healthy recipes are strongly encouraged. Please also include nutritional information (calories, fat, sodium, etc.) if you are able.

Questions about this project can be addressed to Barb at ext. 6904, or send her an e-mail.



## December LICCO Team Member of the Month

*Brian Schein*

Brian Schein of Heath has been very successful in increasing his production, his supervisors say. That's why he was chosen as the December LICCO Team Member of the Month.

"His work is invaluable, especially when we are in a time crunch to meet a customer's needs," explains Workshop Specialist Lynn Ridenbaugh. "Brian is very helpful, and he's considerate to his coworkers."

Adult Services Facilitator Doug Price points out that Brian has worked at LICCO for nearly 4 years and continues to show improvement in his work skills.

"Brian is an asset to the production department," Doug adds.

Congratulations, Brian -- we appreciate all your efforts!

## December staff anniversaries

- **Mark Bryant** (Adult Services) -- 12
- **Lori Crosmer** (Service Coordination) -- 5
- **Angie Finck** (Service Coordination) -- 9
- **Pat Kunz** (Adult Services) -- 15
- **Deb Tehrani** (Children & Families First) -- 3
- **Tacie Thorne** (Service Coordination) -- 7
- **Karl Yost** (Adult Services) -- 19

*Editor's note: These listings indicate the LCBDD staff members' most recent hire dates, although some may have prior years of service to the County Board of DD or other public/government entities.*

**Reminder: Please nominate a worthy staff member for Staff Member of the Quarter and the "Caught You Being Safe" award**

Official nomination forms can be found at the end of this newsletter.

**"One of the most glorious messes in the world is the mess created in the living room on Christmas day. Don't clean it up too quickly."**

- Andy Rooney, the late '60 Minutes' TV news commentator



'Thumbs Up!' to **Sue Ormiston** and **Beth Riggs** (Service Coordination). These two ladies are amazing -- they do a lot of amazing things for us at 565. One recent example was their handling of the IDS paperwork. I know they worked very hard to get everything together for all of the Service Coordinators and

made it easier for all of us.

- **Molly Butt** (Service Coordination)

'Thumbs Up!' to **Ashley Washburn** and **Brenda Colley** (Service Coordination) for helping **David Goslin** (LICCO) put up the Christmas tree.

- **Mary Spain** (Service Coordination)

My compliments and 'Thumbs Up!' to **Nicki Forrer**, **Daryl Waterman**, and **Doug Price** (Adult Services) who daily demonstrate their true character of caring, patience and tenacity in performing their professional roles as Adult Services Facilitators. As always, it was a comfort working with you in 2011, and I look forward to working with you in 2012.

- **Bill Godwin** (Service Coordination)

'Thumbs Up!' to my **Youth Service Coordination teammates** for always being supportive of each other and always willing to lend a helping hand. You girls ROCK!

- **Dorinda Burley** (Service Coordination)

Thumbs up to **Melissa Davidson** and **Paige McCorkle** (Service Coordination) being supportive and helpful officemates!

- **Brenda Colley** (Service Coordination)

'Thumbs Up!' to **Kristin Moore** (Adult Services) for taking beautiful Christmas pictures of staff with the people we serve. 'Thumbs Up!' also to **Kristin**, **Heather Wolfe** and **Judy Moushey** (Adult Services) for turning the pictures into a great bulletin board!

- **Melissa Gordon** (Adult Services)

'Thumbs Up!' to **Jay Courson** (Administration) just because he's a swell guy!

- **Shelley Hummel** (Administration)



## 'Santa-style' safety stuff

**Louise Decker** (Administration) recently sent out a memo to all staff entitled "12 Holiday Safety Tips for the 12 Days of Christmas." It offers some great advice. In case you missed it, here it is:

1. Be alert and aware! It's easy to be distracted by the crowds, selecting the right gift, being preoccupied with holiday activities. Maintain confident body language so criminals pass you over for a "softer" target.
2. Keep shopping bags, valuables, purses and wallets close to you. Keep purses or bags closed. The more expensive an item, the closer to your body it should be. Keep a firm grip.
3. Supervise children at all times. If you feel you will be distracted from supervising them while shopping, make arrangements for a babysitter. Older children should take a friend with them when going shopping.
4. Recognize that there is safety in numbers. Shop with friends and relatives instead of going alone. Each of you can look out for each other. Make sure everyone maintains awareness and is not distracted by each other's company.
5. Return to your vehicle frequently to unload purchases in the trunk. If you have to put them in the passenger compartment, put them on the floor and cover with a blanket. Unloading your bags frequently reduces the amount you have to carry. Also move the car to another parking space afterward.
6. Watch out for loiterers near your car. Get a security guard for assistance if there are.
7. Park in a well-lit, well-trafficked area of the parking lot at stores and malls. Avoid secluded and dark areas, as confrontations won't be seen and yells for help won't be heard.
8. Have your keys in your free hand well before approaching the car. It will save time in getting into the car and the keys can be used as an improvised weapon if necessary. Lock the door immediately after getting in.
9. Watch out for friendly strangers. They may ask a question or offer to assist you with your bags to distract you or put you in a compromising situation.
10. When shopping online, make sure you are dealing with a reputable online store. On checkout, before entering your payment information, make sure the page is encrypted and secure. Keep your antivirus, anti-phishing software up to date. Check the return policy before placing your order.
11. After opening gifts, don't advertise to criminals of your big ticket item with your trash. Tear down and cut up product boxes into small pieces to fit into garbage and recycling cans.
12. At parties, always watch your drink and don't let it out of your site.

I am taking a Zumba class on Tuesdays at The Ballet Academy (above the LaPaloma restaurant in downtown Newark). This gives me something productive to do while my daughter is taking her ballet class. It gets me moving. It's a small group and private (youth dancers can't see in -- the instructors hung up curtains on the windows as they knew we would not want our kids watching us). This is open to anyone who would like to join in -- not just parents of Ballet Academy kids. I am taking a Gently Yoga class, also at The Ballet Academy, on Thursday evenings. I absolutely love this class! I never thought I would be into yoga, but now I look forward to it as a stress reliever each week. I leave the class feeling like I've had a massage!

-- **Kristen Morris** (Service Coordination)

I ran two marathons in the past year. I'm getting ready to start training for another in early May. People have to want to engage in exercise. All the proof is out there about the benefits of it. I did it because of two things -- I wanted to lose weight (I lost more than 40 pounds in about 18 months when I got back into running more than three years ago), and I wanted to have an outlet to manage the various stressors of life. When I haven't run in a couple of days, I feel tired. Hitting the gym helps, but it's not the same as running outside. There's nothing like a 10-mile run outside with Dave Matthews Band blaring on the iPod! Also, my wife Becky caught the running bug so it's something we can do together when we want to. There are times when a run by myself is very therapeutic, and there are other times when it's nice to have a running partner. Two years ago I joined a runners' group called MIT (Marathoners in Training). What I got out of that experience was two things -- "the reason we run is so we can eat more," and to learn how to pace on long runs.

-- **Gary Smith** (Administration)

We have a running group that meets every Monday and Wednesday at 5:45 a.m. in front of Aspen Fitness, in the Southgate Shopping Center, Heath. This group meets during the entire year, regardless of weather conditions. You do not have to be a member of the club -- we just meet there and run. Each day, we take one of 25 various courses through Heath and Newark. The pace may vary from day to day. The important point is that anyone is welcome, and their conditioning level is not important. We will adjust accordingly.

-- **Gary Wimer** (Adult Services)

My church in Baltimore (Christ United Methodist) offers Zumba on Mondays, Wednesdays and Saturdays. It's a fun class for all levels, and has a great atmosphere. In Lancaster, there is a run/walk group called FIT (Fairfield in Training). It's a nice group also, but I enjoy running with a couple of good friends. We hold each other accountable. Exercise is not always easy for me, but having a friend who keeps me in check is helpful and motivating.

-- **Angie Watson** (Adult Services)

I have been attending Zumba at Christ United Methodist Church in Baltimore (same as Angie Watson, above). The classes are offered Mondays and Wednesdays from 6:30 to

7:30, p.m., and from 9 to 10 a.m. Saturdays. It is pay-as-you-go, which is nice if you can't make it to all of the classes. I try to attend at least twice a week, and it is always packed. I decided to start going because I heard it was a great cardio workout, and now that I have been attending for a couple of weeks, I would agree! Zumba is actually fun, and the instructor tells everyone to take it at their own pace. As long as my schedule allows, I plan to continue.

- **Jennifer Denney** (Administration)

I have participated in the last several "challenges"

put forth by the Staff Wellness Committee. More staff should be committing to these challenges -- they are a great incentive. I've started getting back on track after my busy "mom schedule" and lots of excuses were starting to get in the way of my Weight Watchers commitment. I encourage everyone to try the next challenge. It's great camaraderie with your coworkers and, you never know, you might just GET HEALTHY!

-- **Heather Odendahl** (Administration)

I started exercising at Licking Memorial Health Systems' Wellness Center in December 2009. I had heard about it at one of our inservice days and asked my doctor for a referral. It is an excellent place to exercise! There is a staff person on duty that monitors activity, blood pressure and blood sugar, as needed. The other participants are friendly and encouraging. I would recommend it to anyone who qualifies. The cost is only \$2.00 per visit. I have lowered my blood pressure, blood sugar and have lost some weight! It has been a positive addition to my life!

-- **Krista Davis** (Adult Services)

# GET FIT!

**Here are some of your coworkers' submissions for how they are participating in wellness activities in the community. We hope they inspire you to take the plunge to either join them, or get involved with another type of group/activity that you enjoy! You know, those dastardly new year's resolutions are just around the corner!! If you want to learn more details about a particular activity, class, or group, please contact the person who submitted the information. Some classes have fees associated with them so it is best to find out about that before you go.**



*'Tis the season of*  
**GIVING!**

**AT THIS JOYOUS SEASON, THE LICKING COUNTY BOARD OF DEVELOPMENTAL DISABILITIES STAFF -- ALONG WITH LICCO TEAM MEMBERS -- PLAYED 'SANTA' TO HELP OTHERS IN NEED. HERE IS A BRIEF SUMMARY OF OUR WORTHWHILE HOLIDAY ACTIVITIES:**

**Adult Services** -- Staff and LICCO workers teamed up to make the holidays special for one local family. They put on an "Adopt-A-Child" luncheon in early December to raise money to buy Christmas gifts for three children in our community. The luncheon raised more than \$485 toward this effort! Congratulations on a successful luncheon and your quest to make Christmas merrier for those who are struggling this year. Special thanks to Chris Lee, Debbie Neighbarger, Carolyn McCallister, Laura Kreager and Judy Moushey, for all their help making this happen.

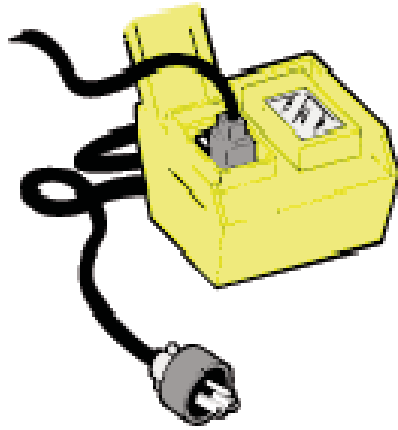
**Service Coordination** -- Staff participated in Angel Tree activities this year. Service Coordinators suggested names of families and/or individuals who are in need during the holidays. Those names were added to the Angel Tree from Dec. 2-9. Jaime Lawson coordinated the Angel Tree; Aleesa Womer served as "elf" to complete/delegate the shopping activities; and Brenda Colley and Lea Bonner are getting ready to coordinate the big gift-wrapping party on Dec. 16, in order for the gifts to be distributed to those in need in time for Christmas. Thanks to all staff who contributed and were a part of Angel Tree fundraising throughout the year.

**Early Intervention/Administration** -- Special thanks to Diane Dodson for recognizing a need and seizing an opportunity to get all staff at the E.S. Weiant Center involved. A family served by the Early Intervention department is going through economic hardships while dealing with medical issues. Diane notified staff, raised some money and provided it to this particular family so that they, and their three children, would have a very Merry Christmas. The family was very grateful for the assistance. Thanks to all staff who contributed!

**PHOTOS AND MORE COVERAGE WILL APPEAR IN THE JANUARY-FEBRUARY 2012 EDITION OF ACCENT -- STAY TUNED!**



# CAUGHT YOU BEING SAFE!!



STAFF MEMBER'S NAME: \_\_\_\_\_

Date: \_\_\_\_\_

RECOGNIZED FOR THE FOLLOWING SAFETY PREVENTION MEASURE:

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Submitted by: \_\_\_\_\_

Component: \_\_\_\_\_



Please submit form to your Component Director for approval.