

## Sign up early for the 3rd annual **LICCO 5K**

What are you waiting for? Now is the time to sign up for the LICCO Spring Fitness 5K Run/Walk to benefit "Citizens for Developmental Disabilities!"

Take advantage of the low registration rate of \$15 per person now through March 1.

Please help us spread the word our friends, families and acquaintances.

Those of you who have participated in the 5K in past years know that this is an outstanding event for a great cause.

You don't have to be a competitive runner to join us. Just lace up your running or walking shoes and get outside on the scenic Newark Campus.

After March 1, the cost to sign up for the LICCO 5K is \$20. The day before and the day of the event, the fee goes up to \$25.

Here are some details -- The race starts at 9 a.m. on Saturday, April 23 at the Sharon Valley Road entrance to the Newark Campus of OSU/COTC. We will once again gather at the Rotary Park shelter house before and after the race.

Those who plan to push strollers and/or wheelchairs will start at 9:10 a.m. Runners and walkers of all skill levels are encouraged to participate.

You can register with Premier Races from a link on our homepage -- [www.LCountyDD.org](http://www.LCountyDD.org) -- or pick up a brochure and registration form in your component or at LICCO. Downloadable forms also are available online.

"Tech" running shirts are guaranteed to the first 150 registrants, and cotton T-shirts will be provided for an additional 100 participants.

The top three finishers will receive awards, as well as the winners in each of the following age groups: 15 and under; 16 to 19; 20 to 29; 30 to 39; 40 to 49; 50 to 59; and 60plus. Postrace snacks will be provided.

To date, there are many local businesses who have agreed to sponsor the LICCO 5K. We send our thanks to: Courtesy Ambulance; Women of the Moose, Chapter 964; Jack Neely, Optometrist; Licking Eagles #387; Licking Memorial Health Systems; Park National Bank; MedBen; Larry & Sue Pasley; Fox Coal; Hopewell Federal Credit Union; Risch Arcade Home Health; Tectum Inc.; Webb Financial Group; Ampacet Corp.; and Dr. Thomas Beattie, DDS.

We hope you'll join us for this event -- register now!



### February LCBDD Staff Member of the Month

*Lisa Dunaway*

Lisa Dunaway is a great inspiration to her Community Employment Services staff. For that, she was chosen by the LCBDD Staff Council as the February Staff Member of the Month.

"Lisa motivates her staff by demonstrating a strong work ethic," explains her anonymous nominator. "She is approachable and always open for suggestions. She empowers each one of us, showing her confidence and support of our decisions."

The nomination continues: "Lisa is driven by the vision and mission of the Board, which is very evident when assisting in meeting the needs of those we serve with their employment goals."

Congratulations, Lisa -- you are very worthy of this honor!



### February LICCO Team Member of the Month

*Cindy Blaney*

Cindy Blaney strives each day to improve her skills.

She also "has a smile that would melt a snowman," says her supervisor, Workshop Specialist Chris Brooks.

For her efforts and positive attitude, Cindy has been selected as the LICCO Team Member of

the Month for February.

Cindy has faced some recent health challenges, but she's participating in more activities and "making a comeback," explains Adult Services Facilitator Daryl Waterman. Her hard work is paying off.

Cindy has worked through CES and at LICCO for almost 20 years. She is a Granville resident.

Congratulations and keep up the great work, Cindy!



‘Thumbs Up!’ to **Kyle Miller, Mark Bryant and Doug Price** (Adult Services) for their efforts in keeping our sidewalks and parking lot safe during winter months. A big thank you to **Kyle** for shoveling the wet, icy slush from between everyone’s cars on Tuesday, Feb. 1, to help prevent us from slipping when we got into our vehicles. You guys take good care of our staff!

- **Patti Gibson and Debbie Freese** (Adult Services)

A big ‘Thumbs Up!’ to everyone working hard to improve their health through diet, exercise and kicking the habit (or trying hard to)!

- **Keith Kokensparger** (Adult Services)

‘Thumbs Up!’ to **Dorinda Burley and Lea Bonner** (Service Coordination) for always being there to help me with youth service coordination issues. They have answered so many of my questions, and always so patiently!

- **Christine Burkamp** (Service Coordination)

‘Thumbs Up!’ to **Roy Stutz** (Adult Services). He is becoming a first-time grandfather and he doesn’t look a day over 54.

- **Nancy Neely** (Administration)

‘Thumbs Up!’ to **Sue Ormiston** (Service Coordination) for fixing our letterhead template (it finally looks good!), and to **Barb Wheeler** (Early Intervention) for her proofreading expertise.

A big, huge ‘Thumbs Up!’ to **Jay Courson** (Administration), for taking care of the big, bad ugly drain monsters living in my office sink.

- **Heather Odendahl** (Administration)

‘Thumbs Up!’ to **Denise Rose** (Adult Services) for taking the initiative to make transportation vehicle log books for each of the vehicles that are utilized by LICCO and CES. Her efforts are greatly appreciated.

- **Linda Hogue** (Adult Services)

‘Thumbs Up!’ to **Karl Yost** (Adult Services) for his hard work in assisting with the completion of the Bridges to Transition brochure. He was patient and tolerant of our indecisiveness. Thank you, Karl!

- **Linda Hogue and Denise Rose** (Adult Services)

‘Thumbs Up!’ to **Louise Decker** (Administration) for all the work she did compiling information on how to prevent the spread of bedbugs. ‘Thumbs Up!’ to **Barb Luce** (Administration) who put

all of the “bed bug kits” together for the Early Intervention department.

- **Judy Buehler** (Early Intervention)

‘Thumbs Up!’ to **Lori Crosmer** (Service Coordination) who has been passing on some great community resources for the unit to have on hand and utilize. Thanks Lori!

- **Aleesa Womer** (Service Coordination)

‘Thumbs Up!’ to **Rena Williams** (Administration) for “balancing” through her first year-end as fiscal specialist. ‘Thumbs Up!’ to **Jay Courson** (Administration) for hauling the remaining preschool/EI/therapy supplies to Goodwill. Jay also deserves a ‘Thumbs Up!’ for hauling boxes and boxes of shredding to Adult Services.

- **Barb Luce** (Administration)

‘Thumbs Up!’ to **Barb Wheeler** (Early Intervention). She has saved all of the Primary Service Providers’ eyes from the strain of reading and writing on gray shaded forms by modifying frequently-used paperwork. Thanks for clearing it all up, Barb!

- **Caley Norton** (Early Intervention)

‘Thumbs Up!’ to **Ronni Bowyer** (Family Support Specialist) and **Barb Wheeler** (Early Intervention) for putting their creative brains together and coming up with a fabulous Help Me Grow display board. You women rock!

- **Judy Buehler** (Early Intervention)

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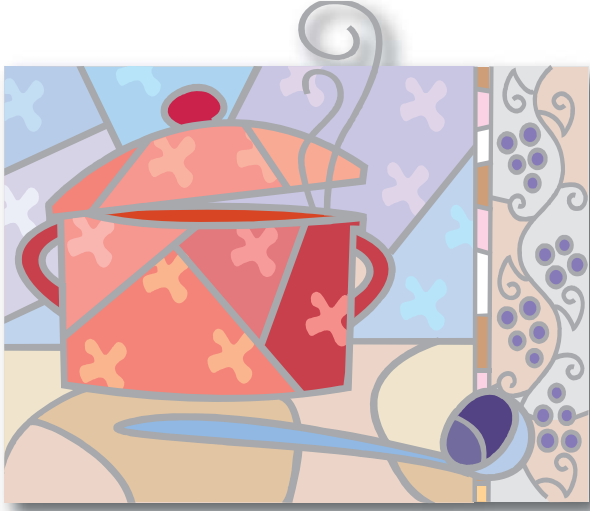
## TAKE ‘THE LOOP’ SURVEY

READ MORE ABOUT IT  
ON PAGE 6!

### February staff anniversaries

**Laura Cohen** (5), **Melissa Gordon** (6),  
**Linda Hogue** (13), **Jackie Moore** (11), **Nancy Neely** (26),  
**Diana Shannon** (4), **Chad Strohl** (10), **Vicki Wilkey** (21).

**Editor’s Note:** These listings indicate the staff members’ most recent hire date, although some have prior years of service to the LCBDD or other public/government entities.



## SOUP'S ON!

Soup is not only a great meal when temperatures outside are downright frigid, but it's also good for you (as long as you stay away from the "creamed" varieties that are loaded with calories and fat!). Homemade soups are a benefit because they are easy to make, particularly when you are using a slow-cooker or crockpot. And they can be loaded up with lean proteins and veggies, and good carbohydrates too -- foods that are consistent with a healthy, well-balanced diet.

### Crockpot Turkey Chili

Submitted by **Michelle Rosenberger** (Early Intervention)

Yield -- About 12 servings

#### Brown:

1-2 pounds of lean ground turkey

Place the following ingredients in a large pot or slow cooker:

1 large can of stewed tomatoes  
 1 can of light red kidney beans, drained and rinsed  
 1 can of dark red kidney beans, drained and rinsed  
 1 can of chili beans in chili sauce  
 1/2 jar of salsa (you pick the temperature)  
 1 can of mushrooms or 1 cup fresh mushrooms

Dice and add to the crockpot/slow cooker:

1 green pepper  
 1 small onion  
 2 celery stalks (add more or less as desired)

Add to taste:

2 Tbsp. chili pepper  
 1 tsp. cayenne pepper

Stir all of the above into the slow cooker on low heat. Cook all day for the flavors to simmer together. Increase or decrease the ingredients to your liking, including the spices.

*Nutritional information (based on using 2 lbs. lean ground turkey):* 195.5 calories; 6.9 g fat; 16.8 g carbohydrates; 3.7 g fiber; 19.5 g protein.

### French Onion Soup

Submitted by **Heather Odendahl** (Administration)

Yield -- About 6 servings

As a child, one of my favorite dishes to order while dining out with my grandparents was French onion soup. It was the ooey-goey cheese on top that attracted me to it, but it likely wouldn't be conducive to a healthy diet today.

However, I recently found a recipe online that I've "lightened up." It's best-made with Vidalia onions when they are in season (that's not too far away), but just about any kind of sweet onion will do. This recipe really satisfies my childhood craving.

#### Ingredients:

Butter-flavored non-stick cooking spray  
 4 sweet onions, sliced thin  
 2 garlic cloves, chopped, or 2 Tbsp. bottled minced garlic  
 2 bay leaves  
 2 fresh thyme sprigs  
 Sea salt and freshly-ground black pepper, to taste  
 2 quarts low-sodium beef broth  
 1 c. red wine (optional -- if not using, substitute with additional beef broth)  
 1 whole grain baguette or other crusty bread, sliced  
 8 oz. thinly-sliced lite mozzarella or provolone cheese

#### Directions:

Spray a large pot with non-stick cooking spray and add the onions, garlic, bay leaves, thyme, sea salt and pepper. Cook until the onions are soft and caramelized, about 25 minutes. Add the broth and red wine. Bring to a boil, and reduce the heat and simmer until the wine has evaporated, about 5 minutes. Discard the bay leaves and thyme sprigs. Simmer for at least another 10 minutes. Season with additional salt and pepper, if needed.

When you are ready to eat, preheat the broiler. Arrange the baguette slices on a baking sheet in a single layer. Lay the thin slices of mozzarella or provolone on top of the baguettes. Broil until bubbly and golden brown, about 3 to 5 minutes.

Ladel the soup in bowls and float the broiled, cheese-covered baguette slices on top. An alternative preparation method is to place the bowls on a sturdy cookie sheet. Ladel the soup into the bowls and top each with the bread slices and cheese. Carefully place the cookie sheet and bowls into the oven to toast the bread and melt/brown the cheese.



*Nutritional information:* 306 calories; 4.5 g fat; 40.4 g carbohydrates; 4.9 g fiber; 23.3 g protein.

# NEWS BRIEFS

• **REPORTING COMPUTER ISSUES** -- A memo was sent out by **Gary Smith** (Administration) in late January regarding the protocol for reporting computer-related troubles. We'll summarize that memo here as a reminder:

We are reverting back to the old process until a replacement is found for our information technology support from MEORC. If you have an issue with your computer, please let the contact for your component know. He or she will contact AlphaLink. The more detailed information you can give them about the problem, the better they will be able to help.

The following staff members are the component contacts:

- Adult Services -- **Beth Hopkins** and **Debbie Pound**
- Service Coordination -- **Sue Ormiston**
- Administration/Early Intervention -- **Jennifer Denney** and **Gary Smith**

If you work in Adult Services or Service Coordination and your component contact is not available, please call Jennifer (ext. 6907) or Gary (ext. 6903) in Administration.

• **SAFETY NOTES** -- **Louise Decker** (Administration) is proud to report that in 2010, the LCBDD had no lost-time injuries or illnesses, and no OSHA recordables. That means we worked all of 2010 without an injury that required treatment beyond first aid. That's quite an accomplishment!

Another great feat is the fact that the LCBDD has experienced 18 months without a workplace injury or illness.

The agency-wide Safety Committee continues to encourage staff to recognize each other's safe workplace practices by submitting nominations for the "Caught You Being Safe" awards. Nomination forms can be found in each component.

• **NOMINATE/RECOGNIZE SOMEONE** -- We encourage you to recognize your coworkers with 'Thumbs Up!' submissions.

There is no official form to complete. Just jot one down on a piece of paper (your best hand-writing is appreciated) or type it up and send it either through interoffice mail or via e-mail to **Heather Odendahl** (Administration).

It is important to recognize the small, positive things our coworkers do -- they really make a big impact on the quality of our work here at the LCBDD.

If you know of a staff member who is really going above and beyond the call of duty, you may consider nominating them for a "Staff Member of the Month" award. Please forward those nominations to **Louise Decker** (Administration) and she will take them to Staff Council for consideration.

• **'THE GREATER GOOD'** -- In the coming weeks, information will be forwarded to all staff about the annual Operation Feed Campaign, which takes place each year in March to benefit the Food Pantry Network of Licking County. Staff Council heads up our agency-wide campaign, so stayed tuned for more information from your component's representative.

• **SPIRIT LINE MILESTONE** -- The Spirit Line department at LICCO Inc. recently hit a major milestone in sales -- \$100,000 since it's inception less than four years ago. Thanks to all staff

who have supported this effort. LCBDD staff are major purchasers and promoters of these jewelry products.

A complete list of local business and retailers who are selling Spirit Line can be found in the January/February edition of Accent (distributed earlier this week).

A big 'Thumbs Up!' is in order to the jewelry makers, designers and Adult Services staff who have fostered this effort to increase the visibility, work opportunities and independence of the adults who are served by our agency. Way to go!

• **PEOPLE FIRST PLANS APRIL 8 DANCE** -- the Licking County Chapter of People First will host it's first Spring Fling and fundraiser from 6 to 8:30 p.m. on Friday, April 8.

For those of you who don't already know, People First is a self-advocacy organization that is sponsored by the LCBDD and spearheaded by **Diana Shannon** (Service Coordination).

The dance will be held at the E.S. Weiant Center. Advanced tickets are \$5 per person, or \$7 each at the door. Tickets can be purchased from any People First member, or contact Diana at ext. 3708.

Entertainment will be provided by the local band Black Horse. We thank them for donating their time and talents! Also, there will be a raffle, silent auction and photo booth. Refreshments will be available for purchase. All proceeds benefit the newly-formed Licking County Chapter of People First.

Members of People First currently are seeking donations from the community to make the dance successful. Those interested in sponsoring the dance or making door prize donations are encouraged to contact Diana.

The group also is asking for donations of food items including hotdogs, buns, paper products, drinks and snacks.

Please help us get the word out about the Spring Fling. People First also would appreciate our support in helping to secure donations. The group is very excited about the Spring Fling -- it promises to be a great event!

• **CONGRATULATIONS** -- As part of the Attendance Incentive Program, the following LCBDD staff members are eligible to receive a one-half bonus personal day for non-use of sick leave during the fourth quarter, which ended Dec. 31, 2010:

-**Administration** -- Jay Courson, Jennifer Denney, Arletta Hinger, Teresa McCullough, Kethy McLeish, David McManus, Heather Odendahl and Deb Tehrani.

-**Early Intervention** -- Judy Buehler, Caley Norton and Barb Wheeler.

-**Service Coordination** -- Caley Boyden, Christine Burkamp, Holly Carr, Lori Crosmer, Bridget Finch, Lorrie Miller, Silvia Murrey, Beth Riggs, Tacie Thorne and Robin Verkest.

-**Adult Services** -- Jaclyn Alexander, Pam Diemoz, Heidie Edmonds, Nicki Forrer, Debbie Freese, Beth Hopkins, Denise Linger, Kyle Miller, Judy Moushey, Nebbie Neighbarger, Doug Price, Jan Rice, Denise Rose, Portia Sparrow, Chad Strohl, Roy Stutz, Kathy Thornton, Teresa Valentino, Daryl Waterman, Vicki Waterman, Vicki Wilkey, Rod Williams and Gary Wimer.

# The Staff SCOOP

This month, we put four LCBDD staff members in the spotlight. Each staff member was randomly-selected. They were given questionnaires and instructed to answer any of the questions they preferred. Almost all answers appear in their entirety but may be slightly edited, particularly for brevity. We anticipate completing all staff SCOOPs within the next few months, but will feature new staff and/or contractors whenever necessary. We plan to replace this feature with something equally fun, so stay tuned!



## Nicki Forrer

- **Component:** Adult Services
- **Title:** Adult Services Facilitator
- **How long have you worked for the LCBDD?** 6 years.
- **What do you like best about your job?** Being able to interact with those we serve on a daily basis.
- **Where did you grow up?** We moved a lot throughout Ohio, but I mostly grew up in Waynesville and New Bremen, OH

- **First job:** Of course, babysitting, but my first real job was a dessert/ice cream server at Der Deutchman Restaurant in Waynesville.
- **What did you want to be when you “grew up?”** I wanted to be a famous actress or a rock star.
- **Who was/is an influential person in your life?** My parents. They have taught me many things, but most of all to treat others with kindness and respect, and to always stand up for what I believe in.
- **Favorite inspirational quote/word of advice:** “A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty.” - Winston Churchill
- **If you could meet any person (past/present), who would it be?** Joni Eareckson Tada -- she has overcome so many obstacles in her life and has incredible faith in God through it all. She also is a great advocate for people with disabilities.
- **Family/pets:** I have been married to my husband, Mike, for almost 5 years.
- **Hobbies/interests:** I like to read, spend time with my family, shop, refurbish furniture, sew (beginner), decorate, and make crafty stuff.
- **Favorite book and/or author:** I like many books, but my favorite authors would be C.S. Lewis and Oswald Chambers because they write with so much depth.
- **Favorite movie(s):** “Little Women”
- **Favorite TV show(s):** Anything on HGTV and the DIY Network.
- **Favorite musical genre and/or artist:** I like a variety of music -- pretty much anything but country.
- **Favorite food(s):** Mexican
- **Worst food(s):** French onion soup.
- **Favorite vacation spot:** My favorite places so far are Barbados and Paris.
- **If I won the lottery, I would ...** Give to those in need, pay off debt, travel and go shopping!



## Courtney Bidwell

- **Component:** Early Intervention
- **Title:** Developmental Specialist
- **How long have you worked for the LCBDD?** Almost four months.
- **Where did you grow up?** Millersport, OH
- **First job:** I worked at KinderCare as an infant teacher.
- **What did you want to be when you grew up?** A singer on Broadway.
- **Who is/was an influential person in**

- your life?** My father because he is a great family man and he has taught me so many things.
- **Biggest pet peeve:** When Ohio State loses.
- **Family/pets:** I have been with my wonderful husband for 14 years and married for 9 years. We have three energetic children, ages 11, 5 and 4. I also have a crazy house of four dogs, a cat and two hermit crabs.
- **Hobbies/interests:** Ohio State Buckeyes, and drag racing with my kids.
- **Favorite book and/or author:** I don't have much time to sit and read.
- **Favorite movie(s):** “Pretty Woman”
- **Favorite TV show(s):** Ohio State football and basketball, and “The First 48.”
- **Favorite musical genre/artist:** I enjoy all types of music.
- **Favorite food(s):** Chocolate, but I'm allergic to it.
- **Worst food(s):** Seafood.
- **Favorite vacation spot:** Destin, FL
- **If I won the lottery, I would ...** Pay off my house and take an extended vacation with my whole family.

More SCOOPs  
on page 6!



## Jackie Moore

- **Component:** Adult Services
- **Title:** Secretary
- **How long have you worked for the LCBDD?** 15 years.
- **What do you like best about your job?** There is always something or someone to make me smile.
- **Where did you grow up?** St. Louisville
- **First job:** National Trail Raceway
- **When you were a child, what did**

**you want to be when you “grew up?”** A mom and a nurse.

- **Who is/was an influential person in your life?** My grandma -- she loved people.
- **Favorite inspirational quote/word of advice:** Love the Lord God with all your heart, soul, body and mind, and your neighbor as yourself.
- **Tell us about your family/pets:** My grandson Garrett is almost 17, and granddaughter Morgan is 7. I will have a new granddaughter -- Madison -- April 29. They are the joy of my life.
- **Hobbies/interests:** Swing and ballroom dancing.
- **Favorite book(s) and/or author:** John, Divine Embrace, The Shack, Tuesdays with Morrie, Waking the Dead and The Last Lecture.
- **Favorite TV show(s):** “Dancing with the Stars,” and “So You Think You Can Dance.”
- **Favorite musical genre and/or artist:** The River 104.9 and anything I can dance to.
- **Favorite food(s):** This is a trick question, right?
- **Worst food(s):** No such thing.
- **Favorite vacation spot:** Anyplace tropical.

## Coming in March:

- **Four more SCOOPs!**
- **Results of the LOOP survey (see details below).**
- **Information about the March 24 DD Awareness Day activities.**



## Ashley Washburn

- **Component:** Service Coordination
- **Title:** Service Coordinator
- **How long have you worked for the LCBDD?** Two months.
- **What do you like best about your job?** I have wanted to be at the Board of DD for several years now after working with Service Coordination to help better my son’s life. I think the individuals I get the honor of having contact with would be the best part

of my job here.

- **Where did you grow up?** Newark.
- **First job:** Shoe sales at Famous Footwear, but I bought way too many shoes there!
- **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 father is because he is always there as a support, and I know I can count on his words of wisdom when I need them!
- **Favorite inspirational quote/word of advice:** “Life is what you make it. Always has been always will be.” - Eleanor Roosevelt.
- **Biggest pet peeve:** When people complain instead of trying to attempt to change what they are complaining about.
- **If you could meet any person (living in the past or present), who would it be?** JFK -- he was such a powerful speaker, so I would love to hear him in person.
- **Family/pets:** I have an 8-year-old son, Gabe. I am very close to my two sisters, mom and dad.
- **Hobbies/interests:** Gabe and I love to fish, read, play sports, and anything else that keeps us outside and active.
- **Favorite book and/or author:** I have to admit that I still love Dr. Sues.
- **Favorite movie(s):** “Gone with the Wind”
- **Favorite TV show(s):** I am a reality TV fan.
- **Favorite musical genre and/or artist:** I love all music but tend to listen to classic rock the most.
- **Favorite food(s):** Pizza, of course.
- **Worst food(s):** Not a fan of ribs.
- **Favorite vacation spot:** I have not been to any Disney parks and want to go to one soon!
- **If I won the lottery, I would ...** Give Nancy Neely a nice check for the Board of DD.
- **Is there anything else you’d like to add?** I look forward to meeting everyone and getting a chance to work with them.

## WE WANT TO HEAR FROM YOU!

In order to improve *The Loop*, we want to know what you think! Please take a short online survey that focuses on what you like best/least about the LCBDD staff newsletter.

The survey only has 11 questions and it will take less than five minutes to complete, but it will help shape the future direction of *The Loop*. Here’s how you access it -- Please go to the following web address:

<http://www.surveymonkey.com/s/THJH6HK>

Thank you for completing the survey. Your opinions are very valuable to us! If you have other comments and suggestions, please contact **Heather Odendahl** (Administration) at ext. 6911.