

All-staff inservice is August 26

Staff Development Day -- also known as the All-Staff Inservice -- is just around the corner! On Friday, August 26, our keynote speakers will be Willie Jones and Pete Moore of the Ohio Association of County Boards Serving People with Developmental Disabilities. They will discuss the Positive Culture Initiative.

The inservice begins at 8 a.m. at the E.S. Weiant Center, and will include a variety of other important topics.

Lunch will be on your own from 11:30 a.m. to 1 p.m.

The afternoon session will include the annual dessert contest, recognition ceremony and lots of surprises.

We're still in the planning stages for this event. As we get closer to the big day, we will communicate more details to staff.

In the meantime, questions about the Staff Development Day can be directed to your Staff Council representative.

See you all on August 26!



5-A-Day now underway

The Staff Wellness Team's latest initiative has begun.

It's the 5-A-Day Challenge to help you learn about healthy food choices and stress relievers that can reduce your risk for chronic diseases.

The focus is on eating five servings of fruits and vegetables a day and doing at least five activities a week that reduce your stress level. The type of fruits and vegetables are up to you, excluding French fried potatoes, potato chips and other high-fat choices. The stress-relief activities you choose are also up to you. Physical activity is a great way to reduce stress. We want you to use your stress-relief activities to concentrate on good mental health and relaxation.

Weekly log sheets were e-mailed to you individually and posted in each component.

Here's how the challenge works:

1. If you haven't already done so, pick up your log sheet at your component or please see a member of the Wellness Team -- **Gary Wimer** (Adult Services), **Gary Smith** (Administra-
(continued on page 3)

People First fundraiser planned

The Licking County Chapter of People First will host a Garage Sale fundraiser from 9 a.m. to 4 p.m. on Friday, July 29, and Saturday, July 30.

It will be held rain or shine at the County Board's former transportation building, 675 W. Church St., Newark.

Proceeds from the sale will be used to offset costs associated with attending a statewide educational conference in October.

The group will accept donations of gently-used merchandise (no junk, please!). If you'd like to contribute or have questions, contact People First Advisor and Advocacy Coordinator **Diana Shannon** (Service Coordination), ext. 3708. Please don't leave donated items outside over at the Transportation building. It is important to make donation arrangements with Diana in advance of the sale. Your donations are very much appreciated.

The public is encouraged to attend the People First Garage Sale, so we hope you will help spread the word!



July LICCO Team Member of the Month

Cindy Hoskinson



Cindy recently set some goals for herself, and she has done a great job achieving them.

As a result, she was selected by her supervisors as the July LICCO Team Member of the Month.

"Cindy is a pleasure to work with, and is very focused on making jewelry in the Spirit Line department," says Workshop Specialist Vicki Wilkey. "Cindy's

attendance is good and she works very hard on any given tasks."

Cindy is a Newark resident who has been employed by LICCO for 29 years, adds Adult Services Facilitator Nicki Forrer.

"She really enjoys making OSU jewelry," she notes. "Over the past year, Cindy has shown she is very motivated and is well-deserving of this award."

Congratulations, Cindy, and keep up the good work!



'Thumbs Up!' to **Teresa McCullough** and **Jay Courson** (Administration). Teresa donated an air conditioner to one of our youth that needed one for medical reasons, and Jay was kind enough to drop it off to the family. 'Thumbs Up!' also to **Holly Carr** (Service Coordination) who took time out of her busy schedule

to attend one of my PALS classes to assist the group in making greeting cards. In addition to her time, she also donated her card materials for this activity. Thank you so much!

- **Lori Crosmer** (Service Coordination)

'Thumbs Up!' to **Leland Lescalleet** (LICCO). He is doing a great job of stepping up and learning the "ins and outs" of LICCO sales. He has a can-do attitude, a smile and friendly word for everyone, and is always striving to develop work opportunities for those we serve. Thanks, Leland -- we appreciate your hard work!

- **Beth Hopkins and Beth Tharp** (Adult Services)

'Thumbs Up!' to **Carl Gruber Jr.** (LICCO/CES) and **Keith Koken-sparger** (Adult Services) for helping us at 565 while **David Goslin** (LICCO/CES) took a well-deserved vacation.

- **Sue Ormiston** (Service Coordination)

'Thumbs Up!' to **Beth Riggs** (Service Coordination). She takes time from what she is doing to help me when needed. She rocks!

- **Molly Butt** (Service Coordination)

'Thumbs Up!' to **Shelley Hummel** (Administration) for taking on the monumental task of tallying Individual & Family Survey returns. I really appreciate the help!

- **Heather Odendahl** (Administration)

'Thumbs Up!' to **Louise Decker** (Administration) for going above and beyond to help the Early Intervention team. 'Thumbs Up!' to **Arletta Hinger** and **Jennifer Denney** (Administration) for alerting me to a flat tire on my vehicle.

- **Judy Buehler** (Early Intervention)

'Thumbs Up!' to **LICCO's Spirit Line crew**. Your quality of work and perseverance are paying off. As words of your product continue to get around, business will multiply. Keep it up!

'Thumbs Up!' to the **production support Workshop Specialists** for working so hard with all of the new intakes and transition students during the school year. Thanks for making everyone feel welcome. Your flexibility is superb. Thanks for handling everything that comes your way.

- **Daryl Waterman** (Adult Services)

'Thumbs Up!' to **Mary Spain** (Service Coordination) for covering for me while I was on maternity leave. Thanks to her, I was able

to enjoy my time off without worrying about what was going on at work. Thanks again, Mary!

- **Caley Boyden** (Service Coordination)

'Thumbs Up!' to **Mary Spain** (Service Coordination) for covering Caley Boyden's maternity leave, while busy with her own new caseload. Thanks, Mary!

- **Kristen Morris** (Service Coordination)

'Thumbs Up!' to **Debbie Pound** (Adult Services) for participating in the county's recent "Change Gears -- Ride a Bike" event.

'Thumbs Up!' to **Linda Hogue, Denise Rose** and **Lisa Dunaway** (Adult Services) for hosting the Summer Teacher Extern Program (S.T.E.P.) teacher, Becky Lawrence. She spent a week with the Bridges to Transition group, learning about what transitioning means and how the County Board supports that effort. Thanks!

- **Louise Decker** (Administration)

'Thumbs Up!' to **Barb Wheeler** (Early Intervention) for helping to sort through all the books for "Leave a Book Behind."

- **Courtney Bidwell** (Early Intervention)

'Thumbs Up!' to **Melissa Gordon** (Adult Services) for all the help she gives to the front desk. Another 'Thumbs Up!' to **Kathy Thornton** (Adult Services) and her crew of LICCO employees -- **Katie Jones, Susan Friend, Rose Robbins, Diana Stout, Debbie Smith, Erica Hardy** and **Angie Owens** -- for quickly preparing a survey to be mailed.

- **Patti Gibson** (Adult Services)

Healthy Habit Tracker winners announced

May and June's Healthy Habit Tracker, sponsored by the Wellness Team, was a big success. There were nine prize winners (including **Tacie Thorne**, who was the big winner). Here is the list:

- **Krista Davis** (Adult Services) -- lip balm, lotion, etc.
- **Heather Odendahl** (Administration) -- Wendy's gift card.
- **Nicki Forrer** (Adult Services) -- Avon products.
- **Kathy Thornton** (Adult Services) -- Water bottle, etc.
- **Angie Watson** (Adult Services) -- T-shirt.
- **Courtney Bidwell** (Early Intervention) -- First-aid items.
- **Beth Tharp** (Adult Services) -- Pedometer and case.
- **Abby Spear** (Service Coordination) -- Fleece blanket.



Health and wellness news

The following is current information from the Licking County Health Department's website and Wellness Coalition monthly newsletter (although it is condensed and edited to meet our space constraints) --

EAT LOCAL PRODUCE -- America has a serious weight problem.

Two-thirds of adults and nearly one-fifth of children in the United States are overweight, placing them at greater risk for heart disease, diabetes, and other chronic diseases including cancer and arthritis.

Obesity and its related health problems are placing a major strain on the U.S. health-care system.

Americans cannot afford to put on more pounds. We must turn this problem around.

Making smart choices about the food we eat is an important step in reducing obesity and becoming a healthier community. The Licking County Health Department says making smart choices means residents should eat more fruits and vegetables.

A great way to do that is by purchasing your "greens" from local growers. The health department has compiled this list of area farmers' markets where you can buy fruits and vegetables that are locally grown and good for you:

- **The Licking County Health Department** -- 5 to 8 p.m. Thursdays through Oct. 7. Located at 675 Price Road, Newark.
- **Granville** -- 8:30 a.m. to noon Saturdays through Oct. 23. Located from Main Street to Broadway to College Street. Sponsored by the Granville Area Chamber of Commerce; Tuesday Market is through Sept. 14, from 4 to 6 p.m. between Ross' Granville Market and to 7 p.m. through Sept. 29. Located on the Square in downtown Johnstown.
- **Newark** -- 3 to 6 p.m. Fridays through Sept. 24. Sponsored by the Licking County Chamber of Commerce. Located on South Third Street, just off the Square next to McDonald's in downtown Newark.
- **Pataskala** -- 4 to 7 p.m. Fridays through Sept. 10. Sponsored by the Pataskala Area Chamber of Commerce. Located at the Pataskala Square parking lot (corner of Broad Street and Oak Meadow Drive, behind Chase and Huntington banks).
- **Utica** -- 3 to 6 p.m. Wednesdays through Sept. 22 at Velvet Ice Cream's Ye Old Mill on Ohio 13, one mile south of Utica.

SALT: LESS IS BETTER -- The health department notes there are recommended allowances for certain age groups when it comes to sodium intake. Here's something to keep in mind:

- 4 to 8 years old: 1,200 mg/day
- 9 to 50 years old: 1,500 mg/day
- 51 to 70 years old: 1,300 mg/day

Most sodium (75 percent) in the American diet is added to foods during processing -- not at the table. Common foods high in sodium include processed meats, food with sauces,



canned foods, condiments, frozen breakfast/dinner items, and boxed/convenience foods.

Other common foods (like breads and cheese) contain lower amounts. Their values add up quickly because we eat them often. In combination, these foods and others lead to an average intake of over 3,400 mg per day.

Most people exceed all recommendations for sodium intake per day. This means significant changes need to happen to improve health and lower risk, the health department says.

Here are some tips to help lower sodium intake:

- Taste food before adding salt.
- Use herbs and spices in place of salt.
- Choose home-cooked meals over boxed or heat-and-serve options.
- Read and compare labels for sodium.
- Look for labels stating "no sodium" or "no added salt."

(The previous article contains information based on the recently-published Dietary Guidelines for Americans, 2010.)

5-A-Day Challenge (continued from page 1)

tion), **Tacie Thorne** (Service Coordination), **Barb Luce** (Administration), **Diane Dodson** (Early Intervention) or **Louise Decker** (Administration).

2. Begin recording the fruits and vegetables you eat and your stress relief activities. Continue recording your activities and servings for each day through Sunday.

3. All log sheets must be turned in to Human Resources by the end of day on the Monday of the following week. Begin a new log sheet for Week 2, 3, and 4.

4. Turn in the final week's log sheet on Monday, August 1, to Human Resources. We will draw for prizes on August 5. You could win a cookbook, T-shirt or other miscellaneous merchandise!

5. All log sheets will be evaluated for completeness. You should strive for five servings of fruit and vegetables per day, and five stress-relief activities per week. The Wellness Team will consider the week completed as long as your log sheet shows that you genuinely have tried to meet the goal.

6. Don't worry if you didn't get started when the challenge began on July 4. It's not too late to join the effort. Just make it a priority to start right away so you can reap the benefits of healthier habits and a more relaxed lifestyle.

Best of luck to everyone!



The Staff SCOOP

This month, we selected two staff members to be put in the spotlight. 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. In the coming months, we plan to unveil a new “get-to-know-you” staff feature.



Jan Rice

- **Component:** Adult Services
- **Title:** Workshop Specialist
- **How long have you worked for the LCBDD?** 16 years.
- **Have you worked in other LCBDD positions besides your current one?** Substitute Workshop Specialist
- **What do you like best about your job?** The people I work with.
- **Where did you grow up?** Loudonville, Ohio

- **First job:** Hand-washing dishes in a small restaurant.
- **When you were a child, what did you want to be when you “grew up?”** Anything in the travel field.
- **Who was/is an influential person in your life?** My grandmother. She was a very common-sense type of woman.
- **Favorite inspirational quote/word of advice:** “Do unto others...”
- **Pet peeve:** People who don’t follow through on their commitments.
- **If you could meet any person (living in the past or present), who would it be?** Ben Franklin. From what I read about him, he was a very versatile and interesting man.
- **Family/pets:** Married for 32 years with three girls, six grandchildren and 5 1/2 great-grandchildren.
- **Hobbies/interests:** Old cars and car shows.
- **Favorite book(s) and/or author(s):** Ann Rice
- **Favorite movie(s):** “The Shawshank Redemption”
- **Favorite TV show(s):** Cooking shows and the History Channel
- **Favorite musical genre and/or artist:** 50s and 60s music
- **Favorite food(s):** I’m not picky.
- **Worst food(s):** Peas and lima beans
- **Favorite vacation spot:** Taking a cruise.
- **If I won the lottery, I would...** travel the U.S. (drive), and help out friends and family.



Beth Boyle

- **Component:** Service Coordination
- **Title:** Adult Team Leader
- **How long have you worked for the LCBDD?** Since April 11.
- **What do you like best about your job?** I love it here! No two days are the same. Every day is something new.
- **Where did you grow up?** Vincent, Ohio, near Marietta.
- **First job:** Babysitting when I was 13 years old. My first professional job

- was with Athens County Children Services.
- **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?** My Great-Aunt Helen. She taught me so much about saving money, budgeting, shopping, cooking, crafts and just wise words to live by.
- **Favorite inspirational quote/word of advice:** “Don’t sweat the small stuff!”
- **Biggest pet peeve:** Naysayers! There is always a solution to a problem.
- **Family/pets:** My family still lives in Vincent and my parents still live in the same house I grew up in. I have four brothers. I am the middle child and only girl. Vincent is smaller than the green I lived on at Ohio University. It was a great experience growing up in a small town but I was ready to leave and hit the big city of Athens! I met my husband in Athens, and we have been married seven years. We have two children, Avery Jo-Lee (6), and Brody Patrick (20 months). We live in Granville and my husband works for the Columbus Police Department. We recently bought 48 acres in Perry County for pure recreation of hunting and fishing. I only go for bonfires and s’mores. We recently lost our fish, Goldie, after a long four years. She lived in a mixing bowl and loved it.
- **Hobbies/interests:** We have lots of family traditions. My favorite is to attend the Barlow (Ohio) Fair. My family gathers on Friday night to eat chili and watch the hour-long parade. We have a bonfire, and then go to the tractor pulls that start at 9 p.m. and end around 2 a.m. We head to the fair in the morning to have sausage breakfast sandwiches at the Bob Evans stand. For lunch we have FFA taco-in-a-bag with a lemon shake, which is often repeated for dinner. It is a great weekend of family fun and togetherness.
- **Favorite book and/or author:** I love to read Shel Silverstein, true stories about people’s lives and leadership-type books. I recently read the book, *A Million Little Pieces*.
- **Favorite movie(s):** “The Breakfast Club”
- **Favorite TV show(s):** I am a reality TV junkie and have not outgrown MTV.
- **Favorite food(s):** Pizza and hot fudge sundaes
- **Worst food(s):** There isn’t any!
- **Favorite vacation spot:** Outerbanks

For August...

- Don’t forget to turn in your ‘Thumbs Up!’ submissions to **Heather Odendahl** (Administration) by August 8 to be included in the next issue of *The Loop*. Send them via e-mail or interoffice mail anytime starting now. Questions? Call ext. 6911.
- The Public Information Office is putting together a Frequently Asked Questions or “FAQ” page for our website. Are there questions you regularly get from families and/or the public that you think should be included on this page? Submit your FAQ suggestions, either by interoffice mail or e-mail, to **Heather Odendahl** (Administration). Your input is very valuable.

