



Think pink!

In honor of Breast Cancer Awareness Month, **Ashley Foltz** (Service Coordination) put together some activities meant to educate others about breast cancer and to honor those who have been affected by the disease.

"My mother is a one-year survivor and this is a cause that I hold dear to my heart," Ashley says.

Throughout the month, staff members have displayed pink ribbons on their doors, honoring those they know who have been affected. Ashley also is spreading the word about the importance of early detection and medical screenings.

On Oct. 19, the Service Coordination staff and others throughout the agency observed a "Pink Out" by wearing pink (see photo above).

"Thumbs Up!" to Ashley for taking on this initiative, and to **Lori Crosmer** (Service Coordination) for reinforcing the "Pink Out" to staff.

A short article about breast cancer and early detection can be found on page 3.

## BREAKING NEWS:

A 1-mill, five year renewal levy will be on the ballot March 6, 2012. Stay tuned for detailed information in the November edition of *The Loop*.



## October LICCO Team Member of the Month *Clay Lanning*

Clay Lanning is a hard worker, his supervisors say. That's why he was named LICCO Team Member of the Month for October.

"He is ready to begin working as soon as he arrives, and sometimes it's hard to get him to quit at the end of the day," exclaims Workshop Specialist Lynn Ridenbaugh.

Clay possess many skills and is eager to learn new ones, Lynn adds. He's always willing to help whenever needed.

Adult Services Facilitator Doug Price adds that Clay recently transferred into the production department and is an asset to his team.

"He is focused on his job and strives to do his best at all times," Doug says.

Clay lives in Newark, and has worked at LICCO since July 2010. Congratulations and keep up the good work!

## October staff anniversaries

- **Courtney Bidwell** (Early Intervention) -- 1
- **Louise Decker** (Administration) -- 5
- **Mike Edgar** (Adult Services) -- 11
- **Denise Linger** (Adult Services) -- 4
- **Kathy McLeish** (Children & Families First Council) -- 3
- **Debbie Neighbarger** (Adult Services) -- 6
- **Cheree Nelson** (Service Coordination) -- 4
- **Jan Rice** (Adult Services) -- 16
- **Pam Richardson** (Adult Services) -- 6
- **Lynn Ridenbaugh** (Adult Services) -- 13
- **Mary Spain** (Service Coordination) -- 13
- **Robin Verkest** (Service Coordination) -- 5
- **Rod Williams** (Adult Services) -- 23
- **Gary Wimer** (Adult Services) -- 4

*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 entity.*

"Most doctors feel that early detection tests for breast cancer save thousands of lives each year, and that many more lives could be saved if even more women and their health care providers took advantage of these tests. Following guidelines for early detection of breast cancer improves the chances that breast cancer can be diagnosed at an early stage and treated successfully."

- From the American Cancer Society.



'Thumbs Up!' to the **Adult Services staff** and **Spirit Line crew** for doing such a great job at the Backwoods Fest. All your hard work and time does not go unnoticed. Great job!  
- **Nicki Forrer** (Adult Services)

'Thumbs Up!' to the Early Intervention Service Coordinators: **Beth Rutter, Amy Thieken, Michelle**

**Rosenberger**. Thanks for having such a positive "can-do" attitude toward taking on additional children and families until we can hire a new Service Coordinator. I appreciate your professionalism. 'Thumbs Up!' to **Diane Dodson, Erica Bankston, Courtney Bidwell** and **Barb Wheeler** for planning and helping at the Sept. 29 Ice Cream Social for EI families. A big thanks also to **Michelle Rosenberger** and her son, **Spencer**, for lending a hand the night of the event. We couldn't have done it without the strong arms of Spencer! Thanks to all of you. Thanks to your dedication, the 15 adults and 24 children who attended had a wonderful time! 'Thumbs Up!' to **Beth Rutter** who is working towards a master's degree in social work. Beth just began an internship with Behavioral Healthcare Partners of Ohio. Good luck, Beth. They are lucky to have you.

- **Judy Buehler** (Early Intervention)

'Thumbs Up!' to **Ashley Washburn** (Service Coordination) for doing such a great job with United Way fundraising!

- **Ashley Foltz** (Service Coordination)

'Thumbs Up!' to my **coworkers at 565** for helping me with the United Way campaign. They all have come together to help me come up with great ideas for fundraising. They have donated so many items and contributed a lot of their time.

- **Ashley Washburn** (Service Coordination)

'Thumbs Up!' to **Susan Kennedy** (Early Intervention) for baking all of the dog treats for the United Way campaign. It had to take her a long time to cut out and bake all of those shapes!

- **Barb Luce** (Administration)

'Thumbs Up!' to **Ashley Washburn** (Service Coordination) for doing a great job with coordinating United Way fundraising at Service Coordination. 'Thumbs Up!' to **Bridget Finch** (Service Coordination) for providing coverage for an additional caseload for an extended period of time. 'Thumbs Up!' to **Abby Spear** (Service Coordination) for all of her efforts with the Region 5 Collaborative. Her enthusiasm for the project is great.

- **Kristen Morris** (Service Coordination)

'Thumbs Up!' to **Barb Luce** (Administration) and **Susan Kennedy** (Early Intervention) for the wonderful United Way breakfast they served for the Admin/EI staff meeting on Oct. 4. Everything looked and tasted fantastic. Great job!

- **Shelley Hummel** (Administration)

'Thumbs Up!' to **Dr. Chip Kobe** (Administration) for all the work he does with the people I have referred to him. He has been a very positive influence in their lives, particularly when it comes

to teaching them how to make good and sound decisions.

- **Bill Godwin** (Service Coordination)

I would like to give a huge 'Thumbs Up!' to **everyone at Service Coordination** who have always been there to lend a hand and patiently deal with my many requests.

- **Keith Kokensparger** (Adult Services)

'Thumbs Up!' to **Diana Shannon** (Service Coordination), **Aleesa Womer** (Service Coordination), local providers **Julie** and **Don Miller, Hanna Morgan** (SPARK), and parent **Dale Good** for supporting more than 18 People First members at the PAR/OSDA Conference Oct. 5-7 in Dublin. The attendees had an awesome time. Diana secured most of the funding and supports so the People First members could pay their admission, find transportation and pay for meals. It was a huge undertaking, but Diana pulled it off as usual. All of these people donated their time, and SPARK contributed the transportation costs and vehicle to get to Dublin and back. 'Thumbs Up!' to **Laura Middleton** (Service Coordination) and the **Behavior Support Committee** for planning and executing the first collaborative training between DD and the local schools around behavior supports. The training is open to SCs, teachers and parents, as well as other professionals, to learn the basics of behavior supports for school-age youth. Nearly 40 people are participating in the five-week course. 'Thumbs Up!' to **Ashley Foltz** (Service Coordination) for her Breast Cancer Awareness campaign in the SC component. She is sharing information and fun with the Service Coordinators, and helping us to learn more about breast cancer and prevention. 'Thumbs Up!' to **Sue Ormiston** (Service Coordination) for taking good care of things while **Beth Riggs** (Service Coordination) was out. 'Thumbs Up!' to **Ashley Washburn** (Service Coordination) for her job as our component's United Way coordinator, and 'Thumbs Up!' to all who have supported her efforts.

- **Chanda Busse** (Service Coordination)

'Thumbs Up!' to **Jay Courson** (Administration) for moving our furniture more than once and hooking computers back up during the painting of our office. He rocks!

- **Molly Butt, Lori Crosmer** and **Ashley Foltz** (Service Coordination)

'Thumbs Up!' to **Linda Hogue** (Adult Services) for organizing a very fun purse auction to help raise money for the local United Way campaign. She had us outbidding each other for new purses. It was a fun end to our day and we had a great time raising money for a good cause.

- **Angie Watson** (Adult Services)

'Thumbs Up!' to **Beth Rutter** (Early Intervention) for all the hard work she put into helping a local family get a new wheelchair ramp for their home. **Park National Bank employees** built the ramp this month as part of "Park Cares" – they deserve a big 'Thumbs Up!' too! **Dave Rice**, PNB's facilities and maintenance director, is a big hero for securing donations from his business contacts!

- **Heather Odendahl** (Administration)

**MORE 'THUMBS UP!' SUBMISSIONS ARE ON PAGE 4...**

# Health and wellness news

## WELLNESS INITIATIVE SUCCESSFUL, AGAIN!

Congratulations to all staff who participated in the September 5-A-Day Challenge. Here are the winners in the drawing:

- **Tacie Thorne** (Service Coordination) -- fitness bag.
- **Melissa Martin-Davidson** (Service Coordination) -- journal.
- **Lorrie Miller** (Service Coordination) -- Steel water bottle.
- **Cheree Nelson** (Service Coordination) -- Body lotion and gel.
- **Heather Odendahl** (Administration) -- scary movies.

The staff Wellness Committee is always cooking up something fun to remind us to eat right, exercise and take good care of ourselves. It's all part of our agency's wellness initiative. Watch for details of another incentive to be coming your way soon.

## GOT DRUGS? GET RID OF THEM!

Did you know that every day, about 2,500 teens use prescription drugs to get high for the first time? In 2007, unintentional drug poisoning became the leading cause of injury death in Ohio, exceeding motor vehicle and suicide for the first time.

To help prevent this increasing problem, the National Drug Take-Back initiative was established. It is Saturday, Oct. 29, from 10 a.m. to 2 p.m.

In Licking County, you can anonymously dispose of unwanted, unused or expired prescription medications at these locations:

- **Newark** -- Newark Police Department, 39 S. Fourth St.
- **Heath** -- DFW Furniture parking lot, 725 Hebron Road.
- **Pataskala** -- Pataskala Police Department, 430 Main St.

Please note that no sharps, liquids or mercury will be accepted. This event is sponsored by Licking County Rx Collect, Pathways of Central Ohio, Licking County Prescription Drug Task Force, Community Mental Health and Recovery Board, Denison University, the Licking County Sheriff's Office, and the Pataskala, Heath and Newark police departments.

## CLEAN UP YOUR DIRTY MOUTH

October is National Dental Hygiene Month. The theme for the awareness campaign this year is simple -- "Healthy habits for a healthy smile."

Commissioner Joe Ebel of the Licking County Health Department says regular dental visits are important: "This is a time for all to consider their oral health habits, and take charge of their health by visiting a dentist for a check-up and a cleaning."

During regular dental visits, a professional staff person will examine and clean your teeth, instruct you on proper brushing and flossing techniques, and check for early gum disease. Gum disease, also known as gingivitis, is the beginning of periodontal disease, the most common cause of tooth loss in adults. It is usually painless and goes undetected unless one is examined by a dental professional.

Oral cancer detection is another component of a dental visit. According to the National Cancer Institute, this year at least 39,400 Americans will be diagnosed with oral cancer; 7,900 will die of the disease. About 75 percent of all oral cancers -- which affect the mouth, tongue, lips, throat, parts of the nose and larynx -- are attributed to the use of smoked and smokeless

tobacco, according to the Centers for Disease Control and Prevention (CDC). In its early stages, oral cancer can be treated in up to 90 percent of cases. Oral cancer screening is one of the most critical parts of a dental exam.

In addition to seeing a dentist at least twice each year, practicing sound nutritional habits can improve dental health and hygiene. Many of the foods that help one's body build strong muscles and bones also help build strong, healthy teeth and gums. Dairy products provide calcium and vitamin D for strengthening bones and teeth. Researchers today think most people do not receive enough vitamin D, especially during the winter months, and recommend supplements. Also, whole grains are good sources of B vitamins which contribute to healthy gums. Vitamin C, found in many fruits and vegetables, also contributes to healthy gums. Meat, poultry, beans and fish provide magnesium and zinc that strengthen teeth and bones.

Take the steps needed to ensure good dental hygiene. Eat a well-balanced diet, brush and floss your teeth daily, make dental visits a regular part of your routine every six months, and stop using tobacco products. For more information, visit [www.adha.org](http://www.adha.org), or [www.cdc.gov](http://www.cdc.gov).

*This information was provided by the Licking County Health Department.*

## Breast cancer screenings critical

The goal of screening exams for early breast cancer detection is to find cancers before they start to cause symptoms. Screening refers to tests and exams used to find a disease, such as cancer, in people who do not have any symptoms. Early detection means using an approach that lets breast cancer get diagnosed earlier than otherwise might have occurred.

Breast cancers that are found because they are causing symptoms tend to be larger and are more likely to have already spread beyond the breast. In contrast, breast cancers found during screening exams are more likely to be smaller and still confined to the breast. The size of a breast cancer and how far it has spread are some of the most important factors in predicting the prognosis of a woman with the disease.

Most doctors feel that early detection tests for breast cancer save thousands of lives each year, and that many more lives could be saved if even more women and their health care providers took advantage of these tests.

When breast cancer is diagnosed at an early stage and treated successfully, the chances of recovery are much better. Here are some guidelines:

- The American Cancer Society recommends that women, beginning at age 40, should receive a yearly mammogram, as well as a critical breast exam (CBE) as part of a regular health exam.
- Women in their 20s and 30s should have the CBE every three years, and should practice self breast examinations regularly.

Extensive information about these guidelines and self-examination can be found at [www.cancer.org](http://www.cancer.org). We urge you to check them out. Please consider talking to your health care provider about any risk factors you may have.

## More ‘Thumbs Up!’ (continued from page 2)

‘Thumbs Up!’ to **Sue Ormiston** (Service Coordination) for covering for me while I was out. I never have to worry about coming back to an overload of work. Also, ‘Thumbs Up!’ to **Lori Payne** (Service Coordination) for working with Sue and making sure the unit is still running smoothly. ‘Thumbs Up!’ to **Ashley Washburn** (Service Coordination) for organizing a great United Way campaign in our component. Our baked potato sale was a huge success thanks to everyone in Service Coordination and particularly **Diana Shannon, Sue Ormiston, Chanda Busse, Lorrie Miller, Marina Anderson and Lori Payne.**  
- **Beth Riggs** (Service Coordination)

‘Thumbs Up!’ to **Bridget Finch** and **Kristen Morris** (Service Coordination) for jumping in with both feet, covering my case-load during my medical leave. All of my people were well taken care of and it made things a lot less hectic when I came back. You are greatly appreciated -- thanks!  
- **Silvia Murrey** (Service Coordination)

‘Thumbs Up!’ to **Hanna Watson** (SPARK), **Aleesa Womer** (Service Coordination), **Dale Good** (parent), and **Don Miller** (provider) for all their assistance with making the PAR/OSDA Conference such a wonderful experience for 17 individuals! Your contributions and help was greatly appreciated. ‘Thumbs Up!’ to **Lori Payne** (Service Coordination) for fielding all those frantic calls at the front desk! You are always smiling and a great addition to our office! ‘Thumbs UP!’ to **Jean Neader** (Service Coordination) for being such a patient officemate with all the comings and goings in our office. You rock!  
- **Diana Shannon** (Service Coordination)

## Good luck!

- Our best wishes to **Erica Bankston** (Early Intervention) who recently departed to work in Franklin County. We thank her for her service to the Licking County Board of Developmental Disabilities.
- We also would like to wish **Courtney Johnston** (Adult Services) the best of luck as she departs for a new endeavor with Hospice of Central Ohio. She’ll be missed!

Open enrollment for the  
Licking County Employees’  
Benefits Plan begins Nov. 1.  
Packets will be  
distributed very soon.  
Be sure to watch for  
your information.

## County Board of DD staff rallies for local United Way

Throughout the month of October, the Licking County Board of Developmental Disabilities staff have gone above and beyond the call of duty, raising money for the Licking County United Way.

Here’s a wrap up of some of the creative activities staff came up with to raise a little bit extra to supplement the staff pledges:

- **Barb Luce** (Administration) and **Susan Kennedy** (Service Coordination) spearheaded the United Way efforts for staff located in the E.S. Weiant Center. They held a pet identification contest where staff submitted photos of their dogs, cats and horses. **Barb Wheeler** (Early Intervention) correctly identified 13 of 18 pet photo submissions. Barb’s pooch has won a grooming from the Bark Place in Pataskala, a nail trim from Sarah Bennett at Shampoooch in Newark, a picture frame for her favorite dog, a bag of homemade dog treats, and the bandana of her choice. Congratulations to Barb and her dog, Duke!

Dog treats and pet bandanas were on sale at ESW, which carried over to the other components. Thanks to Susan for making all those intricate animal treats and to Barb for selecting the colorful bandanas.

The Admin/EI component also held a Chili Cookoff with **Beth Rutter** (Early Intervention) taking the top prize. Way to go, Beth! Second place went to **Shelley Hummel** (Administration); and **Nancy Neely** (Administration) took third.

The last event planned is an OSU party, where brats and cheese dogs will be served during the lunch hour. It will happen on Friday, Oct. 28. A blind auction will be featured. Staff from all components are invited to participate -- just give Barb Luce a call if you are planning to attend so she can get you on the signup sheet. Bring your favorite football-party snack!

- **Linda Hogue** (Adult Services) is responsible for a host of exciting fundraising events at the LICCO building. Adult Services staff enjoyed participating in a purse auction that had them bidding up to the final minute. It was very competitive and exciting, Linda says. Forty-five purses -- including Dulce and Gabanna, Nine West and Coach designs -- were donated for the auction, and 33 were sold. The purse auction brought in a total of \$159, Linda reports. Those who participated already are eagerly anticipating next year’s purse auction. Great job, Linda!

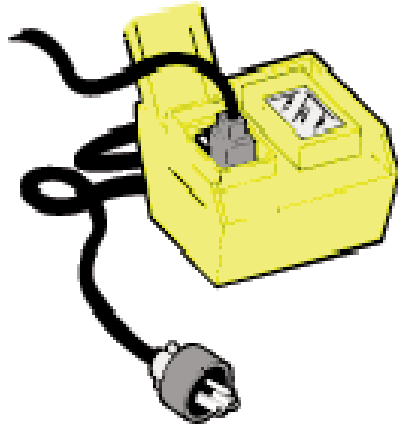
Adult Services also had a crockpot luncheon in which they served several kinds of soups and chili, cornbread, crackers and deserts. Delicious!

- **Ashley Washburn** (Service Coordination) headed up the 565 efforts for United Way. Service Coordination hosted a taco bar, a baked potato lunch and a chili lunch. They held a silent purse auction, bake sale, candy sale, and had jeans day. Ashley anticipates they will have raised nearly \$500.

A final wrap up of the agency-wide United Way campaign will be featured in the November edition of *The Loop*. 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.