



Under the Carroll Hills Umbrella

Carroll County Board of Mental Retardation & Developmental Disabilities

July/August 2008

VOLUME 6 ISSUE 4

Impressive Turn Out in Support of Carroll Hills Opening Ceremony

The Grand Opening Ceremony was held on July 8, 2008, for the new addition at the Administration Offices on Roswell Road. Ribbon cutting participants were from L-R Melissa Fletcher, County Board President, Representing Senator John Bocchieri was JD Williams, Ohio Dept. Director John Martin, Matt Campbell cutting the ribbon and Rev. Mike Doak, President of the Non-Profit Board for CHI.



Superintendents's Open House Speech

Hello everyone and welcome to Carroll Hills Industries Administration open house/ribbon cutting ceremony. I wanted to give you a little history on MRDD Project 694, otherwise known as the addition to the administration building. Past Superintendent Tom Shearer started the project in 2001 by applying for a state grant. Carroll Hills Industries Non-Profit Board owns the property and they along with the County Board of MRDD saw a need to address the overcrowding problem at the workshop. The grant was approved and a contract signed in 2003 for the amount of \$225,984. Match money of \$56,496 was raised through various donations including Carroll Hills Industries contribution.

The workshop was busting at the seams with 94 individuals with disabilities. The staff lunchroom was turned into a habilitation room, the janitors' office was moved into a closet, and health and safety was a concern since items were stored in mechanical rooms. This 2,160 square foot addition will alleviate all those issues plus give individuals more opportunity for outside activities and more room for inside activities. The renovation and addition also addressed handicap accessibility issues.

I want to thank everyone that was involved in this project. I want to thank Tom Shearer for starting the project and securing the funds, Director Martin for attending today and funding the project, Carroll Hills Industries Non-Profit Board for providing the site and funding, County Board for funding and support, Melissa Fletcher our Board President who catered the event, County Board staff (the community employment program that watered the grass seed and landscaped both buildings, Dave Haught the Maintenance Supervisor who helped piece the puzzle together, the press for the wonderful coverage, Schalmo Builders for construction, Harris Day Architecture for design and oversight, and the community who without their support our program would not exist.

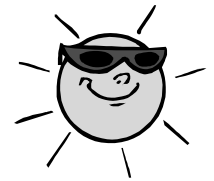
This addition and renovation project was a team effort. Wonderful things can be accomplished when local and state agencies work together with the community to complete much needed projects. When doors open we succeed. Thanks to everyone this additions doors are open so these wonderful individuals with disabilities can succeed and have a better life. I thank God for my job because I am able to help someone's daughter, son, aunt, uncle, brother, or sister who has a disability live a fuller life. In turn, I am blessed because they also teach me how to be more patient, loving and respectful to others.



Health & Safety Alert - Keeping Safe in the Summer

TOO MUCH SUN CAN CAUSE SUNBURN, DEHYDRATION, AND SUN/HEAT STROKE.
ALL ARE PREVENTABLE WITH A LITTLE CARE!

Part II



WHAT IS A SUNBURN?

A sunburn is a painful skin condition, which occurs as a result of over exposure to the ultraviolet rays of the sun.

THE RISK OF SUNBURN IS HIGHER FOR:

- * Persons with fair skin, blue eyes, and red or blonde hair;
- * Persons taking some types of medications (check with the Doctor);
- * Persons exposed to a lot of outdoors sunlight; and
- * Persons whose skin is already compromised.

PREVENTION:

- * Avoid the sun between 10 AM and 4 PM.
- * Protect the skin using sun block with a sun protection factor (SPF) of 15 or more: the lighter the skin, the higher the SPF should be. Apply sun block 15 – 30 minutes before going in the sun and every 1 to 1 ½ hours thereafter.
- * Use a lip balm with sunscreen in it.
- * Wear muted colors such as tan.
- * Wear a hat (the looser the better) especially if hair is thin on top!
- * Wear sunglasses that absorb at least 90% UV rays (check the label on sunglasses).
- * Clouds and particulate matter in the air scatter sunlight. You can receive a “surprise sunburn” even on a cloudy day!
- * Come in out of the sun when you first start to notice that your skin is getting pink.



WHAT IS DEHYDRATION?

Dehydration is the loss of body fluids and electrolytes due to profuse sweating and inadequate intake of water. Alcohol consumption aggravates dehydration.

SIGNS OF DEHYDRATION INCLUDE:

- | | | |
|--|---------------------------------------|-------------|
| Heat exhaustion | Headaches | Confusion |
| Nausea and/or vomiting | Fainting | Sunken eyes |
| Blurred vision | Extreme dryness in the mouth | |
| Urine output decreases & becomes concentrated and appears dark | Severe pain or blistering of skin | |
| Wrinkled or saggy skin – elasticity decreases | Fever or temperature over 102 degrees | |

IF DEHYDRATION IS SUSPECTED, REHYDRATION IS THE KEY TO PREVENTING FURTHER COMPLICATIONS. REMEMBER TO DRINK LOTS OF FLUIDS!

WHAT IS SUN STROKE OR HEAT STROKE?

Sun/heat stroke is a serious life-threatening condition. It is the consequence of a series of events:

- * It begins with dehydration. (Also usually a lack of sweating)
- * As the core body temperature rises, heat exhaustion becomes more serious.
- * If not rectified quickly, heat stroke is the final shutdown of the body's organs from lack of these vital fluids and nutrients, and can lead to delirium, coma, and death!

IF SUN/HEAT STROKE IS SUSPECTED, GET EMERGENCY MEDICAL ATTENTION IMMEDIATELY!

Risk factors for heat related illnesses

- * Elderly, chronically ill or incapacitating illness, very young.
- * Chronic medical conditions include cardiac (heart) disease, hypertension (high blood pressure), obesity, diabetes, kidney and lung disease.
- * Poor physical conditioning.
- * High environmental temperature and humidity.
- * Poor ventilation or cooling in buildings.
- * Poor fluid intake.
- * Alcohol use (increases fluid loss).
- * Medications that inhibit perspiration or increase fluid loss, to treat movement disorders, allergies, diuretics, and psychiatric conditions.



Exciting Changes at Carroll Hills

An Aging Carroll Hills gets a much needed Face Lift!

Carroll County Board of Mental Retardation and Developmental Disabilities is going through many changes. The MRDD Project 694 otherwise known as the addition to the Carroll Hills Industries Administrative offices that was started in 2001 is now complete. This project will fulfill the need of serving more people and addressing all the rules and regulations that go along with these services. The addition consists of 2,160 square foot to serve 15 MRDD individuals with 5 staff. The existing building of 4,640 square foot was also renovated in the process.



Superintendent Matt Campbell

Carroll Hills Industries on North High Street in Carrollton was also renovated under the project. Work included replacing a ramp in the front of the building, adding a ramp to an exit door that had a 2-foot drop off, painting the interior and adding walls and drop ceiling to two rooms and hallways to address heating and cooling and behavior issues. The building also has new exterior doors including a handicap accessible power door. Carroll Hills Industries has purchased a lot to address the increased need for parking at the North High Street location. The existing parking lot will be resurfaced with a double coat of chip and seal.

Carroll Hills School is over 24 years old and facing many renovations. The original boiler and air conditioner needs replaced so plans are in the works to phase in new heating and cooling units over a 3 year time period. The original parking lot design was for short buses which we no longer use due to the increase in the number of adults and children we now serve. The new parking lot is scheduled for completion in July and will correct drainage problems, the need for more parking spaces, and be more user friendly for buses and everyone else.

The Carroll County Board of MRDD and Carroll Hills Industries have been working closely together to serve everyone that applies for services and is found eligible. That is the reason for all the capital improvements at Carroll Hills Industries, Carroll Hills Administration office, and Carroll Hills Schools. We want to be good stewards of tax payer dollars and maintain our buildings to continue and expand services as needed. I am personally excited that all three buildings now have power assist doors for anyone who has a physical disability to enter and exit buildings without needing assistance.

The Carroll County Board of MRDD passed a resolution on June 19, 2008 to place a 3.6 mill replacement and reduction levy on the November 4, 2008 ballot. The replacement tax and reduction will combine two existing levies of 2.8 mills and 1 mill at a rate not exceeding 3.6 mills for each one dollar valuation, reducing it from 3.8 mills. This amounts to thirty six cents (\$.36) for each on hundred dollar valuation. The funds generated from this levy are for the benefit of Carroll County for the purpose of maintenance and operation of the school, training centers, workshops, clinics, and other programs and services for persons with mental retardation and developmental disabilities by the MRDD Board. It will begin as a continuous levy starting in tax year 2009. The Board agreed economic times are rough and it is our responsibility to live within our means.

It is my goal to not ask for additional taxes to support the MRDD program. Carroll County voters have previously committed to a 1 mill 3 year school levy that was passed in 2004 and was renewed in 2006. The 1 mill school levy is due for renewal no later than 2009. That means all three of our existing levies could have been placed on the ballot for this November to be renewed. It is our intention to continue running the program with the 3.6 mill replacement levy and the 1 mill school levy. In short, your taxes will not go up due to MRDD services. Please show your support in November by voting yes for the 255 MRDD individuals we serve.

Success and Carroll Hills Community Employment Go Hand and Hand

Over the next few issues of Under the Umbrella, we will introduce a number of Community Employment success stories.



In conjunction with job coaching, our community employment program and Napa Distribution Center employed Jim Craft approximately 8 years ago. In Jim's case, the Carroll Hills Job Coach helped train Jim. Then when his training was completed, Napa chose to hire Jim. He will celebrate his 9th anniversary December 14, 2008. Success story in progress!

Jim has lived in Carrollton over thirty years, moving to Carrollton with his

parents in 1976. He graduated from Carrollton High School in 1983. Jim has participated in Carroll Hills Special Olympics for approximately 23 years where he is a member of the Carroll Hills basketball and bowling teams.

Jim enjoys his job at Napa, where he performs a number of duties. His primary job is crushing boxes and other trash in the compactor to be sent to recycling. "I also help with setting up the line, cleaning up the parking lot occasionally and just whatever is needed at the time. I'm willing to help," explains Jim. The pride Jim has in his job was very evident as I toured Napa and Jim introduced me to his co-workers. I was very impressed with the whole operation and the size of this business. JH

Kudos' to Napa Distribution Center for opening the door and giving Jim the opportunity to succeed.

Ohio FFA Camp
Muskingum



CHI visits the Ohio FFA Camp Muskingum for a day of fun and recreation.



At the FFA camp, our enrollees participated in many different activities. The campers assisted the enrollees in creating outdoor art. The campers helped the individuals pick up sticks, leaves, and other things. They then assembled all of the materials into artwork. After the art session, they played cards. Lastly, they took the enrollees on a boat ride. Mr. Davis explained interesting facts about the lake. All individuals participated and interacted very well at the FFA camp. Michelle Bellamy



COMING Events

Aug. 12th - Carroll Hills Council Meeting - 4pm at Administration Offices

Aug. 20th - Teacher Inservice

Aug. 21st - Teacher Work Day

Aug. 24th - Carroll County Board Meeting - 5:30 PM at Administration Offices.

Aug. 25th - First day of school
Sept. 1, 08 - Labor Day—Entire Program Closed

Oct. 13th - Columbus Day Observed—Entire Program Closed

Oct. 17th - Staff Inservice—Entire Program Closed

Seminar - CEU's Schedule

Carroll Hills Administration Building - 330-627-6555

Principles of Behavior Support

Sept. 19, 20, Oct. 3 & 4.

Habilitation

Oct. 24, 25, 31, & Nov. 1

Approved for 30hr Seminars & CEU's MR/DD.

We also offer Seminars as Independent Studies, when class is not available.



THANKS FOR A GREAT YEAR

As we look forward to summer I wanted to let you know what a great job everyone did this year with our recycle fundraising.

We collected 8,423 Campbell's label points and 6,200 Nestles water bottle labels. We will use these points to purchase equipment for the school.

We received cash payments of \$1265.00 from recycled printer cartridges and cell phones, \$807.00 from Boxtops for Education, \$56.44 from IGA labels and \$72.63 from other smaller sources. This money is being used to expand our playground and to fund gardening activities. That's over \$2,000 that did not come from anyone's pocket or from tax money. Thank you all so much for supporting our school.

One area that did not work out well for us was the 20 ounce soda bottle collection. The company has suspended the program so please no more soda bottles. Please recycle your soda bottles in the local recycle dumpsters and keep them out of landfills.

Please continue to save items for us this summer. You may drop them off at school (open 8-4 M-F all summer) or save them until your child returns in the fall.

We are still collecting the following: **BOXTOPS FOR EDUCATION, CAMPBELL'S PRODUCT LABELS, IGA FOOD LABELS, CELL PHONES, PRINTER INK AND LASER CARTRIDGES and NESTLES WATER BOTTLE LABELS.**

Please use Good Search to search the internet. Go to www.goodsearch.com and sign up. Be sure to list Carroll Hills School as the organization you wish to support.

Thanks for all your support for Carroll Hills.



Pictured: L-R Kitana Livingood, Zachary Gotschall, Justin Knepper, Julie Ketchum, Billy Ray Gotschall, Alex Stasiak & Amanda Hostetler.

Home on the Range or Out on the Plains

Did you happen to drive by Carroll Hills School in June? Yes, that was a Tepee you saw on the playground! With playground funds earned with BoxTops for Education and cell phone recycling we purchased a Native American Tepee to encourage imaginative play for Early Intervention, pre-school and school age students. The 12 foot high tepee can accommodate up to 4 sleeping adults so there is plenty of room for children and staff.

The tepee was decorated with the handprints of all the students at Carroll Hills School and several staff and students added Native American symbols. We hope that this new addition to the playground will give our students yet another outlet for both energy and imagination.

Thanks to everyone who supported our fundraising efforts by sending in BoxTops for Education and cell phones. Our fundraising efforts allow us to add many enrichment items without using tax money.

by Ann Myers

"KEEP COOL THIS SUMMER"

Help avoid heat related illnesses

- * Maintain hydration with cool water and sports drinks; provide extra fluids at meal times
- * Drink at least 8 glasses of water a day, more in hot weather.
- * Avoid caffeinated beverages and alcohol (both increase fluid loss).
- * When outdoors, seek open, shaded areas, avoid crowds.
- * Use fans and air conditioning indoors.
- * Open windows at night when air is cooler



outside to allow cross ventilation if no air conditioning.

- * During heat of the day, keep blinds drawn and windows shut, and move to cooler rooms.
- * If no air conditioning at home, go to a shopping mall or public library.
- * Take frequent breaks when outside in hot sun or from physical activity.
- * Wear light-colored loose-fitting clothing (dark colors absorb heat, loose clothing helps the body to cool); wear a hat and sunglasses.
- * Eat regular light meals to ensure you

have adequate salt and fluids.

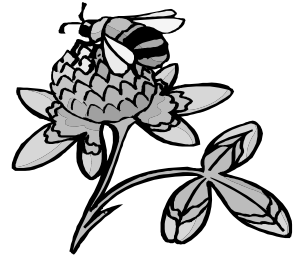
- * Take a cool shower or bath.
- * Be aware of individuals with risk factors for heat related illness; observe them at regular intervals.

For questions or comments regarding the above Alert, please contact the MUI/Registry Unit at (614) 995-3810





The Lawn Crew ... Busy as Bees!



Carroll Hills Lawn Crew has grown over the last few years. When the crew first started we had 1-3 individuals, 1 mower, 1 weedeater, and a broom to provide service at 12 jobsites. Due to the support we have received from our community and co-workers we have had ability to expand. We now have a zero-turn mower, 6 mowers, 5 weed eaters, 4 blowers, trimmers, and a variety of garden tools.

There are 14 adult individuals, 5 students from our program and 1 student from Family & Children's First Council's Summer Youth Program working/training with our staff in the community. We do 34 private lawns along with other area supports, such as the Eagles, New Harrisburg Church, Jo Mac, Malvern School, ODOT, Health Dept, Carrollton Group Home and the Carrollton VFW. Thank you to everyone for your continued support.



This year our crews took on new projects, landscaping at CHI and the Administration Office, finishing just in time for the Open House. Thank

you to Heather Campbell for planting the flowers and shrubs at the Administrations Office/New Addition. Thank you also to Sandy & Brittney Swinehart for keeping the new plants watered over the weekends.



Aside from our mowing contracts we also have cleaning contracts with ODOT, Help Me Grow and Carroll Hills Administration Offices.

Our Individuals take pride in the work that they do and enjoy working out in the community. The best part about being a job coach is watching and helping the individuals grow, reach goals and accomplish new tasks. For all of us, succeeding is very rewarding!

I want to thank all the individuals and staff for putting forth the extra effort and time to get all of our jobs done on time this mowing season. As you can see we are all doing our part as busy little bees!

Darla Mayle, Job Coach

Lawn Crew:

- | | |
|------------------|-------------------|
| Arthur Fischer | Bill Bryan |
| Vic Crawford | Jamie Bell |
| Bill Murphy | Shirley Clark |
| Charles Bowditch | Jack Hobson |
| Gene Fankhauser | Chance Leggett |
| Randy Rodgers | John Evans |
| Sean Shawler | Stephen Gatts |
| Eric Prowe | Brittany Griffith |
| Charlie Weir | Logan Smith |
| Richard Champer | Zack Burkhardt |

- | | |
|-----------------|-----------------|
| Staff: | Summer Staff: |
| Anna Oyer | Rachel Paterson |
| Sandy Swinehart | Donna Bell |
| Skeet Burke | Tiffany Farber |
| Aislinn Brinker | Tim Tilmant |
| | Tyler Abrahims |

Karen White – ODOT cleaning

For more information
about CHI's Lawn Service
call CHI - Darla Mayle
@ 330-627-5524





Open House Refreshments were to die for. . .

Thanks to CCBMR/DD President Melissa Fletcher and our very own CHI Peer Groups.



Melissa Fletcher, County Board President catered the refreshments for the Opening Ceremonies held at the Administration Offices. It is amazing Melissa can find time to raise 6 children plus have a catering business but she does so - deliciously. It's called "Mother Fletcher's Catering".



Refreshments at CHI's Open House included Sub sandwiches and Carroll Hills Peer Groups baked the cookies. The individuals that participate in the male and female groups are very talented and bright individuals. They enjoy baking, learning social skills and talking over issues and events. Pictured above L-R : Kellie Baker, Shirley Clark and Karen Smith and Denise Rodgers.



Carroll Hills Industries welcomed a nice turn out including Director John Martin, pictured with Kim Hilliard.



State Summer Games

Carroll County Special Olympics Team has just returned after a successful trip to the 2008 State Special Olympics Ohio State Summer Games. Fifteen (15) athletes have won honors in their various events. Results from the Carroll County MR/DD Special Olympics Team include: Track Team: John Evans - 100 M Dash - Gold Medal (1st) & Softball Throw - Gold Medal (1st), Brittany Griffith - 100 M Dash- Bronze Medal (3rd) & Softball Throw-5th Place, Brandon Hahn - 100 M Dash - Gold Medal (1st) & Softball Throw - Silver (2nd), Kim Hilliard - 50 M Dash - Gold Medal (1st) & Softball Throw - 5th Place, and Leslie Pearson - 50 M Dash - Silver Medal (2nd) & Softball Throw - Silver Medal (2nd). In Bowling: Bill Bryan Gold Medal (1st), Jim Craft Silver Medal (2nd), Amy Crown Silver Medal (2nd), Arthur Fischer Silver Medal (2nd), Amy Jo Pennock - Bronze Medal (3rd), Jack Hobson Bronze Medal (3rd), John Riley - Bronze Medal (3rd), Sandy Dittmer - 4th Place Ribbon, Sandy Miller - 4th Place Ribbon, and Amy See - 4th Place Ribbon.

These athletes have just participated in the 39th Annual Special Olympics Ohio State Summer Games. The Summer Games program included eleven sports, movies, recreational clinics and the colorful Opening Ceremonies. Athletes and chaperones were housed in the Ohio State University dormitories.

Opening Ceremonies started off the weekend on Friday evening, June 27th at the Jesse Owens Track Stadium. The symbolic lighting of the Olympic Flame of Hope officially opened the Games, and was followed by a dance and fair provided by hundreds of volunteers.

The Special Olympics Ohio program is reaching more than 17,000 mentally retarded athletes. Presently, there are 103 Special Olympics Athletes from Carroll County.



Pictured from L-R: Seated - Brittany Griffith, Leslie Pearson, Kim Hilliard, Amy Jo Pennock, Amy See, & Sandy Miller. Standing - Amy Crown, Jim Craft, John Riley, Bill Bryan, Brandon Hahn, Jack Hobson, & Sandy Dittmer.

Carroll County Board
Mental Retardation and
Developmental Disabilities
P.O.Box 429,
Carrollton, Ohio 44615



Board Members
Melissa Fletcher, President
Dolores Hudson, V. President
John Miller, Secretary
Craig Rodgers
Atty. Jennifer Thomas
Angie Miller

Superintendent
Matt Campbell



Under the Carroll Hills Umbrella

Published by the Carroll County Board of
Mental Retardation and Developmental Disabilities
Administrative Offices
P.O. Box 429
1182 Roswell Road N.W.
Carrollton, Ohio 44615
phone: 330-627-6555
fax: 330-627-6115
email: jhilliard@carrollhills.com

Publisher: Matt Campbell, Superintendent
Editor: JoAnn Hilliard

Carroll Hills Programs
Opening Doors to Success!

*The only certain means of success
is to render more and better ser-
vice than is expected of you, no
matter what your task may be.*

- Og Mandino Quotes



The Carroll County Board of Mental Retardation and Developmental Disabilities - CCBMRDD
Equal Opportunity in Employment, Access, and Services. www.carrollhills.com