

Under the Carroll Hills Umbrella

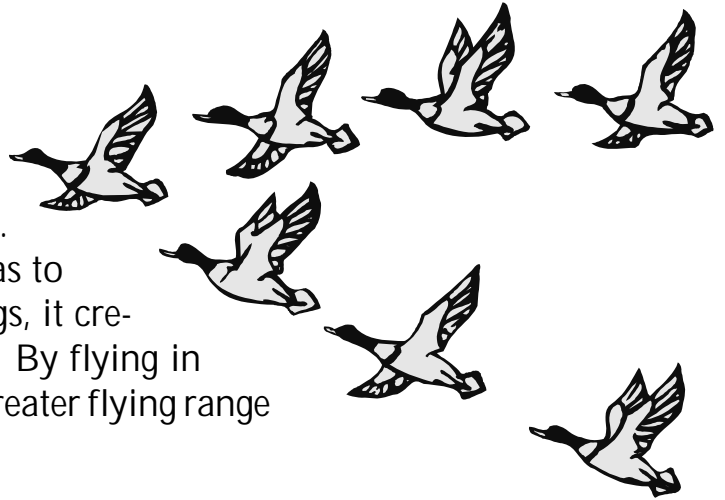
Carroll County Board of Mental Retardation & Developmental Disabilities

September/October 2007

VOLUME 5 ISSUE 5

The Goose Story - Teaming Up

This fall season, when you see geese heading south for the winter... flying along in a formation... you might consider what science has discovered as to why they fly that way. As each bird flaps its wings, it creates an uplift for the bird immediately following. By flying in "V" formation, the whole flock adds at least 71% greater flying range than if each bird flew on its own.



People who share a common direction and sense of team can get where they are going more quickly and easily because they are traveling on the synergy of one another.

When a goose falls out of formation, it suddenly feels the drag and resistance of trying to go it alone... and quickly gets back into formation to take advantage of the lifting power of the bird in front.

If we have as much sense as a goose, we will stay in formation with those who are headed in the same direction that we are.

When the lead goose gets tired, it rotates back in the wing... and another goose flies point. It makes sense to take turns doing demanding jobs... with people or with geese flying south. Geese honk from behind to encourage those up front to keep up their speed. What do we say when we honk from behind?

Finally... and this is critical... when a goose gets sick, or it wounded by gunshots, and falls out of formation, two other geese fall out with the fallen goose until it is able to fly or until it dies. Only then do they launch out on their own, or with another formation to catch up with their group.

If we had the sense of a goose, we would support those other members of the team in the same spirit.

-Anonymous



Partners in the 21-Century

Recently, I was asked by a parent if Carroll County Board of MRDD has a website and was told there is a need for a parent support group. The suggestion for the website was to provide a site where information about the program can be attained. I thought that these were great suggestions and always welcome suggestions. Carroll County Board of MRDD now has a website thanks to the Carroll County Commissioners (<http://carrollcountyohio.us>).



However, I see the need for a separate website to place more information than can be found on the County website and allow for communication from interested stakeholders through surveys. This website will be developed in the near future.



Superintendent Matt Campbell

The Board already has a parent support group named Carroll Hills Council. This group has been in existence since the 1950's. Carroll Hills Council is the reason Carroll County Board of MRDD exists today due to its previous members lobbying for funds and laws to start County Boards of MRDD. Today it consists of staff, parents, and family members who raise money to provide needed supports for individuals with disabilities. Monthly meetings are held on the second Tuesday of each month. The next Council Meeting is scheduled for 4 p.m. on September 11 at Carroll Hills School, 2167 Kensington Road NE Carrollton. For additional information call 330-627-6555 or 330-627-7651.

I need your assistance on developing or restructuring a parent support group. I believe in quality management which wikipedia defines as a method for ensuring that all the activities necessary to design, develop, and implement a product or service are effective and efficient with respect to the system and its performance. I encourage parents, family, and other stakeholders to call, write, or email what supports you need and where the county board should be headed. I also would like to use the parent support group as a means to communicate with Governor, Senators, and Representatives on key issues that affect Carroll County. County Boards have been hit hard lately with increased costs and decreased revenue. This continued lack of funding will jeopardize current services. That is why it is important to have parent, family, individual, and stakeholder support and input on what services are necessary for the individuals we serve. It is time for a parent support group whether it is Carroll Hills Council or another group to chart the direction of MRDD services in Ohio again. If you are interested in this support and activism please contact me at 330-627-6555, email mcampbell@carrollhills.com, or mail P.O. Box 429 Carrollton, Ohio 44615. Thank you for your support and input. ♣

COMING EVENTS

Seminar/CEU's Schedule

at Carroll Hills Administration Building

Interviewing & Counseling Techniques - Sept. 7,8,21 & 22

Principles of Behavior Support

October 12,13,26,&27

Habilitation

November 2,3,16,&17

Approved for 30 hr Seminars & CEU's MR/DD.
We also offer Seminars as Independent Studies.

For information call JoAnn - 330-627-6555



Carroll Hills Industries

Steve DeFilippo, Director of Adult Services

Carroll Hills Industries continues to provide contract work to the individuals in Carroll County on a daily basis.

The enrollees in the Carroll Hills Program participate in light assembly work contracted through GBS. Folders are assembled with inserts used in many legal and medical facilities. Individuals also apply clear plastic pockets to the outside of the folders and attach metal binder clips to other folders depending on the contract requirements. Other light assemble work is done for Ashton's 5&10 which includes putting address labels and stamps on postcards used for advertisement.

The individuals employed at CHI also complete contract work for Perfect Products who provide packaging work for our enrollees such as placing certain types or numbers of balloons in a bag and then sealing the bags. They also attach valves to balloons so that they can be filled with helium later which is used for restaurant advertisements and promotions.

CHI Lawn Care provides mowing, trimming, weeding and leaf removal services to area businesses and private homes throughout the county and continues to operate with a full schedule 4 to 5 days per week.

CHI is also moving forward with their shredding service. CHI is now able to handle large quantities of paper to be destroyed, thanks to the very generous donation from the Foit family who provided CHI with a commercial size shredder. Area businesses and organizations contract with CHI to have discarded paper picked up and shredded at a per pound rate.

CHI also offers a badge and key chain making service to local schools, businesses, and politicians in 2 sizes.

The Management of Carroll Hills Industries wishes to extend a thank you for all the community support of our program as well as a job well done for our staff that makes it all possible for our individuals to be contributing members of the community. ●

Shredding Shredding and More Shredding

Kudos to Fred Foit for the donation of the commercial shredder and bailer to CHI.



Frank Vermillion shredding with the commercial shredder as Rob Lloyd supervises.

Supervisor Vivian Day, observing, Sandy Forrer placing shredded paper into the bailer.



Carroll Hills School Partners with LifeShare



LifeShare Community Blood Services Grant Program

LifeShare. It's About Life.
Blood Drive/Fund Raiser
Carroll Hills School
NOVEMBER 1st

Please give blood... Save a life...
 Support our school!

Carroll Hills School will partner with LifeShare Community Blood Services to sponsor a blood drive again this school year on November 1st. LifeShare mobile collection unit will be in the school parking lot at 2167 Kensington Rd. NE, Carrollton for anyone from the community wishing to donate blood. Call for more information at 330-627-7651.

Carroll Hills School sponsored their first Blood Drive Fundraiser last May. "An adaptive swing was purchased with the funds generated from this fundraiser," stated Cheryl Rohr, Blood Drive Coordinator.



Iron rich foods

Hemoglobin is a protein in the blood that contains iron. It helps carry oxygen to the body's tissues and gives blood its red color.

Eating iron rich foods daily is an important part of making hemoglobin. To assure you maintain healthy blood, it is recommended that the following amounts of iron be consumed daily: women age 50 and under require 18 mg daily; men age 50 and under require 15 mg daily; and, those over 50 require 10 mg daily.

To enhance absorption of iron rich foods eat them with foods high in Vitamin C such as orange juice, watermelon, cantaloupe, and other citrus foods. The following interfere with iron absorption: coffee, tea, cola, cranberries, and rhubarb.

A list of some iron rich foods: oysters, beef liver, baked beans, kidney beans, baked potato w/skin, prune juice, clams, walnuts, cashews, pork, beef, shrimp, poultry (dark), whole wheat bread, spinach, and raisins.

Secondary Conditions

People with disabilities, their families, and professionals often refer to secondary conditions as "earlier than expected aging changes." (Turk, 1994) Secondary conditions are problems that are not part of a disability itself, but are in some way triggered by the disability. These conditions may be very common signs of aging in the general population, but may occur earlier in life for the individual with a disability. Not all conditions can be prevented but early intervention may prevent unnecessary secondary conditions.

Some common secondary conditions are:

- Ø Pain
- Ø Osteoporosis
- Ø Arthritis
- Ø Fatigue
- Ø Obesity
- Ø New muscle weakness
- Ø Seizures
- Ø Depression
- Ø Incontinence
- Ø Constipation
- Ø Swallowing and breathing problems

Early Alzheimer's Disease, sleep apnea, heart problems, hypothyroidism, spinal instability, hearing and vision problems may be experienced by individuals with Down Syndrome. Individuals with Cerebral Palsy may experience spasticity changes and spinal stenosis, while individuals with Spina Bifida may experience contractures, hydrocephalus-related shunt malfunction, allergies and pressure sores.

Exercise, healthy diet, increased calcium intake, assistive devices, medications, early diagnosis and intervention are some ways to manage secondary conditions.

The free website, <http://www.ncpad.org> assists individuals with disabilities in creating a customized exercise plan. It also has information that is useful to families and other support persons as well as health care professionals. If exercise came in a pill would you take it? Exercise your way to good health!

