

THE MESSENGER

THE LOGAN COUNTY BOARD OF DEVELOPMENTAL DISABILITIES

WINTER 2011

**Give us your gloves,
your bats,
your helmets,
your soccer shoes...**



RTC's Instant Replay is a new gently used sporting goods store in Bellefontaine. Instant Replay was created to assist members in the community to have access to affordable sports equipment year round and to provide an employment training location for people with disabilities interested in working in retail/customer service positions. Due to the difficult market, businesses have needed to increase the responsibilities that are placed upon their employees. Employees are now responsible to work the counter, stock the product, assist with customers, and so on. The need for training is at an all time high for those people who are currently lacking the skills that are demanded in a retail setting. Instant Replay provides a training setting where people with a developmental disability are able to learn, practice and master the skills needed to compete in today's job market. While they are learning, they are being paid an hourly wage.

Instant Replay is also providing a valuable service to our local community. For civic minded citizens it provides a means to contribute your unused, gently used, or outgrown sporting goods that crowd your valuable storage space. For our customers it helps parents to save money on their ever growing children's sporting needs, and to acquire exercise equipment for those not able to purchase the latest model and it's all within our community. There is no need to travel out of town.

Instant Replay has a variety of merchandise such as exercise equipment, ice skates, golf clubs, cleats, mini trampolines, toys, and much more. All of these items have been generously donated by our community. Donations can be dropped off at Instant Replay or RTC Employment Services any time the facility is open. All donations are tax-deductible and a receipt will be provided. If you have a large item to donate, please call (592-0534)



Sales associate Robert makes a sale.



and we will be happy to arrange for pick up. All proceeds go toward paying the training wages of those working in the store.

Instant Replay is located at 334 E. Columbus Ave. next to RTC Employment Services and Dollar General. We are open on Thursdays and Fridays from 2:00pm to 7:00pm and Saturdays from 8:00am to 3:00pm. Call 592-0534 for individual appointments outside of these hours. Drop off of donations can be made anytime between 8:00 to

5:00 Monday through Thursday, Friday 9:00 to 4:00 and Saturday during store hours. An outside donation box is planned for the very near future.

**For civic minded citizens
it provides a means to
contribute your unused,
gently used, or outgrown
sporting goods that crowd
your valuable storage space.**



What's NEW In EARLY INTERVENTION

The Early Intervention Program provides services to children birth through age two experiencing a delay in development or who have a diagnosis with a high probability of resulting in a delay. The Logan County Board of Developmental Disabilities has a long history of providing quality services to families and is committed to the future success of our Early Intervention Program. We are pleased to share that in October of 2010, Logan County's Early Intervention program was selected as one of 30 teams across the state to participate in a training grant to learn evidenced based early intervention practices. The set of practices incorporates three main components: utilizing a primary service provider, coaching parents and caregivers in the child's natural environment and developing goals that focus on everyday routines and are based upon the family's interests and concerns.

This model recognizes and supports the concept that family members know their child's needs best and have the greatest influence on their development. Families and caregivers have far more opportunities to influence their child's development than even the most intense visits from an early interventionist specialist or therapist. By working with families to identify everyday routines and child interests, the primary service provider coaches the parents on strategies to use in the home to nurture their child's development. Research tells us that children are more likely to develop when they have frequent opportunities to engage and practice skills that occur in their natural (home) setting. Since we

know children are learning all the time in their everyday activities, we try to meet families in those places and during those activities. The primary service provider and family also have access to a team of highly experienced and skilled specialists including a service coordinator / developmental specialist, speech therapist, occupational therapist and physical therapist who provide consultation based upon the child's needs.

How is this approach different from what we were doing before? It's very similar, although we are focusing more on being in the home instead of the center, and basing supports on what the family thinks is the priority for the child over what a developmental test may suggest. We are also assisting families to utilize what they have in their own homes in terms of toys and books, guaranteeing more practice and carryover. A key principle in this approach is that parents deal primarily with one professional rather than 3 or 4. Expertise is offered by all when and if needed, but one is the primary messenger. While our participation in the pilot project is new, initial response from family members appears positive. Many family members appreciate not having to leave their home for yet another appointment, while others have found a boost in confidence and feel empowered to support their child's needs. Parents also appreciate dealing with one primary person, and one appointment, rather than several appointments with several people.

We look forward to sharing the results of our participation in this project over the next year.

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DON'T LET THE BED BUGS BITE!

The resurgence of bed bugs in central Ohio has been much publicized recently. Experts explain the phenomenon by pointing to changes in pesticide use, resistance to certain insecticides, increased international travel and residential turnover.

According to Dr. Susan Jones, Associate Professor of Entomology at the Ohio State University, "The presence of bed bugs is not an indication of poor housekeeping...it is merely an indication that bed bugs hitchhiked their way into your life."

Here is information you should know to help prevent the spread of bed bugs.

How can I tell if I have bed bugs?

Look for red, itchy bites on the skin, especially if they first appear during sleep. Also, look for small, brown, bugs on or near the bed, as well as black spots on the sheets and mattress.

How are bed bugs spread?

Bed bug nymphs and adults are adept crawlers. They hitchhike from place to place by tucking away in peoples' clothing, shoes, backpacks, purses, briefcases, luggage, used furniture, mattresses, and bedding. Eggs laid on these items allow bed bugs to spread from place to place. In multiple-unit buildings such as dormitories, hotels and apartments, bed bugs can easily crawl from one unit to another.

Any tips for travelers?

Yes. Ask to inspect your hotel room before you accept it. Turn back the comforter, sheets and mattress pad. Look for bed bug fecal spots. Don't place your suitcases on the bed or on the floor. Store them on the luggage rack. Keep your belongings in the suitcase. Don't put things that you've worn back in the suitcase. Put them into a sealable plastic bag. Before packing to leave the hotel, inspect your luggage for bed bugs.

How can I protect myself and my family from bed bugs?

Knowing what to look for can keep you from carrying bed bugs into your home. Be on the lookout for the telltale signs of bed bugs when traveling or buying used furniture, bedding and other used items.

What should I do if I have bed bugs?

Once you have bed bugs, they are not easy to eradicate. An integrated pest management approach of sanitation and chemical and non-chemical measures is required. Sanitation measures include removing all clutter and anything that is stored under the bed, laundering all bedding and clothing in hot water (at least 120 degrees F) and drying on a hot setting for at least 15 minutes, dry cleaning (tell you drycleaner you have bed bugs), putting mattress and box springs in a specialized protective encasement certified as bed bug resistant, caulking cracks and crevices, and vacuuming (and disposing of the vacuum bag in a tightly sealed bag).

Do not use "bug bombs" as few bed bugs will be killed and they will cause the bugs to scatter, worsening your infestation. Boric acid has no effect.

Consult a licensed commercial pesticide applicator. Make sure they have a plan to rotate the insecticides they use to overcome the immunity to insecticides that bed bugs can acquire over time.

(Note: We thank the Central Ohio Bed Bug Task Force for providing the above information. Visit CentralOhioBedBugs.org.)



The **Freedom Bus** travels around Bellefontaine one Friday night each month. This is a time set aside for people receiving services from the Logan County Board of DD to be able to choose something they would like to do and have the transportation to do it. Getting together with friends and family shopping, having a party, playing board games, playing the Wii, seeing a movie, going out to eat and spending time together are examples of events that add quality to all of our lives. The Freedom Bus takes away the barrier of not having transportation and gives individuals the freedom to do something on their own or with a friend. According to Paul, a frequent rider, "for anyone that has a hard time getting around, the Freedom Bus is GREAT!" Hours of operation for the Freedom Bus are from 3:00 pm until 11:00 pm. The cost of the Freedom Bus is \$1.50 per trip. Individuals are encouraged to start planning with their friends and call the Transportation number, 539-2069, to set up a ride for their next fun event.



FEBRUARY

- 20 LCBDD Meeting - 5:30 pm
- 21 Presidents Day - All programs closed
- 24 Parent Ed. Event
- 25 Parent Ed. Event

MARCH

- 4 Elected Officials breakfast - 8:00am
- 4 Discovery Center Staff Development Day
- 7 Adult Services Staff Development Day
- 10 Parent Conferences
- 11 Parent Conferences
- 17 LCBDD Meeting - 5:30 pm
- 28 Discovery Center Spring Break through April 1st.



Discovery Center Preschool Christmas



THE LOGAN COUNTY BOARD OF DEVELOPMENTAL DISABILITIES

Joseph F. Mancuso, Ph.D., Superintendent • Pamela Hickman, Editor
www.logancbdd.org



ADMINISTRATIVE OFFICES

1851 St. Rt. 47 West
 P.O. Box 710
 Bellefontaine, Ohio 43311
 Telephone: 937-592-0015
 Fax: 937-592-5615

DISCOVERY CENTER

Telephone: 937-592-2009
 Fax: 937-592-3098

RTC INDUSTRIES

Telephone: 937-592-0025
 Fax: 937-592-3001

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