

CCBDD News

Spring Edition

Volume 2 Issue 1

Inclusion is Within Everyone's Ability

Celebrating DD Awareness Month 2021

Special Points of Interest

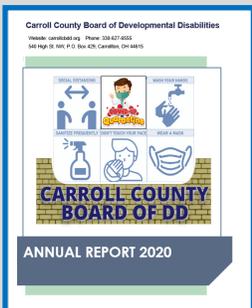
- Superintendent Remarks
- Carroll Hills School
- School Nurse
- Board Member News
- Employment News
- DD Month Award
- Self Advocacy
- Provider News
- Special Olympics

WEBSITE:

carrollcbdd.org

For Paper Copies
Call—330-627-6555

2020 Annual Report also
Available



Carroll County Board of DD Launches New Website

On March 26, CCBDD launched a new and improved website just in time for Developmental Disability Awareness Month.



Check us out!
carrollcbdd.org





Matt Campbell, Superintendent

I am glad to have something to look forward to...soon, it will be spring! With that will come longer days, warmer weather and the ability to get outside and enjoy life. Spring weather, and more importantly the sun, will make it easier to deal with the pandemic. The good news is County Board services remain open, including our school, which has maintained in person education since the beginning of this school year. To date, 105 people with disabilities and 20 County Board staff have been vaccinated. The last COVID-19 positive case for an individual was January 7, 2021.

March is Developmental Disabilities Month and the 2021 theme is “*Inclusion is Within Everyone’s Ability*”. Self-advocacy meetings continue to be held in person and virtually to build the necessary skills needed to empower individuals to speak on their own behalf. Many Board staff have also helped individuals with activities in their own homes or to make sure day services were available during the pandemic. I’ve been very concerned for the health and safety of many of our individuals dealing with depression during the pandemic. Recently, I received wonderful news that one young lady has been able to turn that around and is back at day services, working community jobs and volunteering for Meals on Wheels. She finds great satisfaction while volunteering since she enjoys interacting with those receiving the meals. DD month will look different than previous years. Since the Board continues to limit exposure in our buildings, the Awards Banquet will be held virtually. Special Olympics basketball games have been suspended but the team continues to work on their skills during limited practice times. Theme days were scheduled at Carroll Hills School with some of the dress up days including Cat in the Hat, Wacky Wednesday, Tie Dye Day, Disney Day and my favorite, Camo Day! The school also held activities such as Theater Day, Carnival Day and Taco Tuesday. Again, I want to say staff have done a great job making the best of the limitations set by this pandemic.

The Board is now focused on creating a new Strategic Plan for 2022 to 2025. The Ohio Department of Developmental Disabilities will be on site early next year for Accreditation. We are working with Mid East Ohio Regional Council to get ready for Accreditation and to formulate a new Strategic Plan. The SSA department is receiving training on the new Ohio Individual Service Plan. Soon, Carroll CBDD will be launching a new website in the hope that Carroll County residents will use it to give feedback that will shape the future of Board services. Thank you for your support as we continue to provide assistance and encouragement to people with developmental disabilities to succeed in life!

Welcome Spring



The students at Carroll Hills love this time of year when the weather starts changing and they can get outside. We are very fortunate to have a great playground and a walking path at our disposal. A lot of learning can occur outside and our teachers are great at getting the students out for a walk or to play, or for a story or a snack. Springtime also means assessment time for schools. Our students and staff just finished the Alternate Assessments and the Early Learning Assessments that we must take each school year. Congratulations on all the hard work.



March is Developmental Disabilities Awareness Month with a lot of fun activities planned all month long at the school. Students and staff enjoy this month because it is a great way to bring awareness to individuals with developmental disabilities.

Our program has been very fortunate on the sickness and COVID-19 front. Many of our staff received Covid-19 vaccines. County Board staff have been doing a tremendous job cleaning and sanitizing the school while keeping sickness at bay!

As the school year starts to wind down, we reflect on a great year and look forward to the next one. June 1st is the last day for preschool and June 3rd is the last day for school age. Our elementary classroom, housed at Carrollton Schools, ends on May 26th. We are still in the planning stages for end of the year celebrations including graduation. Planning for next school year has also begun.

As always, parent and community support is much appreciated, feel free to reach out with any comments or questions.

Ryan Buck, Director of Educational Services



Enjoying DD Month in High School!

The high school students and staff really enjoyed March DD Month activities and dress up theme days. Miss Julie Ketchum attended the March

Commissioner’s Meeting and was present and pictured as the Commissioners declared March as Developmental Disabilities Awareness Month. Mr. Jeremiah Detweiler was nominated for the CCBDD Personal Achievement



Award because of his hard work. Congratulations to both of you and thank you for being great role models at Carroll Hills School. We are very proud of you!



All of the high school students have been working extremely hard in community work locations. They’ve been learning new skills, enhancing older skills and earning a paycheck. The high schoolers enjoy the experience and are using this time to help them decide what they want to do once they finish school.

Nancy Boley, High School Teacher

A message from the

School Nurse

Kim Yeager, RN

Since March 2020, we all have experienced an increase in the amount of stress we have been under. At some point in your life, you've probably heard, "Just take a deep breath and calm down." It's a classic piece of advice, and for very good reason. The benefits of breathing exercises are innumerable. Breathing exercises have a variety of benefits for the body that not only make you healthier, but can reduce your stress and anxiety levels as well.

If you're feeling tired or are not able to focus on your work, breathing exercises can help. In the modern world, people don't use their

diaphragm to breath; instead, they use weaker, surrounding muscles that don't fill the lungs to their full capacity. While this isn't a life threatening change, taking deep breaths creates more oxygen saturation in the cells, which in turn activates a number of different nerves and creates a relaxed, alert state. One of the best things you can do when scared or overwhelmed is to take a moment, close your eyes and breathe. Lack of oxygen can make you feel tense and nervous, even if you aren't consciously aware of the problem. However, by taking a deep breath, you force more oxygen into your cells. This lowers your heart rate, blood pressure and improves circulation. The ultimate result is more energy to complete the tasks you are doing, while simultaneously lowering your heart rate and helping you to calm down.

The modern world is hazardous for the human body. The amount of pollution in the air, smoking habits and a host of other problems can lead to all kinds of lung problems. When you get sick, it's often due to particles in the lungs that are irritating the sensitive tissues there. However, deep breathing can help to cleanse the lungs. It forces oxygen to fill even the deepest parts of your lungs and breaks up any particles and residue that may be there. Breathing routines can help cleanse your lungs of external particles, preventing you from getting sick as often as you normally might. This can also help improve lung capacity and performance. Hundreds of people suffer from anxiety on a daily basis. They worry about a number of things outside their control, which leads to more stress and worry than they were already under. Deep breathing can help to fight this. Short, shallow breaths trigger the mind to feel like it's in danger; it's part of the fight or flight instinct of all living creatures. However, deep breathing means the body is relaxed and there is no need to run. This can put you at ease and reduce the amount of anxiety a person feels. The long exhalation that comes as a result of deep breathing tells the nervous system to calm down. If you suffer from anxiety on a nearly daily basis, taking a few moments throughout the day to perform deep breathing exercises can be helpful. Breathing exercises yield a host of different health benefits that can be useful throughout our daily lives. They're also simple to perform and can be done anywhere, whether you're on a bus or sitting at your desk in the middle of the day. It's a good idea to try to implement these exercises throughout your day, if only to trigger the diaphragm on a regular basis. Within just a few days of performing these exercises, you will begin to notice positive changes in your physical and mental health.

The 4-7-8 breathing exercise can work wonders for your mind and body. First get comfortable. Exhale completely. Inhale through your nose to the count of 4. Hold that breath to the count of 7. Exhale slowly through your mouth to the count of 8. Repeat this four more times. You can do this as often as needed but incorporating it into your daily routine, several times a day, can be beneficial to your mind, body and soul.

And remember.....JUST BREATHE!

4-7-8 Breathing Method

Get comfortable.

Exhale completely.

4-Inhale through your nose to the count of 4.

7- Hold that breath to the count of 7.

8-Exhale slowly through your mouth to the count of 8.

Repeat 4 more times.



Intermediate Class

Roz Malone, Intermediate Teacher

The students in the intermediate classroom continue to make progress in all academic areas while having some fun along the way. Students and staff were happy to participate in DD month at Carroll Hills School. The class favorite days were Taco Tuesday, St. Patrick's Class and Class Color day. A class vote was held to determine what color clothing students wanted to wear. Our classroom chose to wear black and had 100% participation. As we look forward into the next few weeks, there are six birthdays to close out the year. We are planning a big birthday party to celebrate our amazing kids and staff! Along with parties and fun, we are eagerly awaiting the warmer weather that is approaching. Everyone has enjoyed those extra minutes outside and have started to get excited about all the possibilities summer holds. Classroom staff is continuously impressed with our students and all of their hard work. They are always a joy to see as they enter the room and continue to make our jobs fun. With all the progress that has been made so far, we are excited to see what the fourth nine weeks holds.



Intermediate Class DD Month Theme Days



Carroll County Support Group is for parents or guardians of children with developmental disabilities. All Ages! Meetings will be held the 3rd Monday of every month. These meetings will be for you to learn the resources available, meet other parents that may have similar struggles, receive advice or you may give advice. Feel free to share your story or just listen. Hosted by Sabrina Seal.

Come join us for some great conversation and refreshments!

Next meeting

April 19th, 2021 6pm – 8pm

Held at Starlight Enterprises

705A Canton Rd. NW

Carrollton, Oh. 44615

Call or text Sabrina Seal at

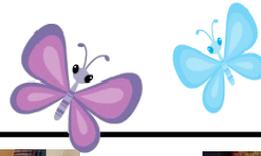
330-324-4772 or

seal@reaach.org

SPRING has sprung in Preschool 1!

We have been learning about weather, flowers and plants and have enjoyed being outside in the warmer weather. My students loved participating in DD month by dressing up in some amazing outfits. March is also the month that marks the 100th day of Preschool, can you believe it?! Time is flying but we are going to continue to work hard throughout the last nine weeks of the school year.

Mackenzie Ray, Preschool 1 Teacher



It's all about PRE-K

Happy Spring! Can you believe we are almost to end the 3rd 9 weeks? Over the past couple months Pre-K students have completed units on Valentine's Day, Fairy Tales and St. Patrick's Day. Many preschoolers dressed as though they were 100 years old as we

celebrated the 100th day of preschool. My students have enjoyed making leprechaun traps, creating snow for the sensory bin and so much more. Currently, we are studying weather so the kids will get to become weather watchers, make clouds and learn about rain. There is still so much to look forward to in Pre-K as we gear up for an Easter celebration. All the children have been working hard, building friendships and showing off their best dance moves!



Kaitlyn Crate, PreK Teacher



Play, Learn with Preschool 2 and Grow... Together!

Preschool 2 students have been learning about letters, numbers, nature, kindness and teamwork. We have added a garden to our classroom and a bird center. Miss Sandy is our resident gardener, and Miss Vivian took the bird pictures for our bird center. Some students are learning to read and others are learning to add and subtract. We are thankful for Miss Jill who is helping some of our friends use an iPad for communicating. We are learning through play as we cook, bake, explore and enjoy all the special days of March Developmental Disabilities Awareness Month. I'd like to highlight two friends who are especially helpful in our classroom. A big shout out to Baylee and Rochelle for being thoughtful and attentive to their friends at school. Mary Service, Preschool 2 Teacher



Social Inclusion

A	C	O	N	N	E	C	T	I	O	N	S	L	I
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C	R	U	T	N	V	E	R	F	U	N	D	N	E
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Y	S	T	D	C	T	L	E	T	S	R	B	A	L
I	H	L	S	A	Y	R	A	U	T	I	S	M	I
D	I	S	A	B	I	L	I	T	Y	D	E	A	H
E	P	M	A	O	T	M	C	P	L	T	A	I	C
F	S	C	Y	T	I	N	U	M	M	O	C	H	N

- AUTISM
- EARLY
- ECHO
- SUPPORT
- FUND
- CONNECTIONS
- SCHOOL
- HEALTH
- EDUCATION
- LEARNING
- PARTNERSHIPS
- COMMUNITY
- DISABILITY
- CHILDCARE
- DIVERSITY

DD Month
 Theme:
 Inclusion
 is Within
 Everyone's
 ABILITY

Play this puzzle online at : <https://thewordsearch.com/puzzle/521011/>



We have been busy working on our letters, celebrating Valentine's Day and St. Patrick's Day. We are so excited that spring has arrived to get busy doing spring activities!

Miss Irwin & The Elementary Class



Employee's Years of Service Recognized

Thank you for your dedication to those we serve!

20 Years of service

Lisa Erwin, Rose Howell, Bill Mannion, Cheryl Rohr and Amber Veach

15 Years of Service

Margaret Mesler

10 Years of Service

Nancy Boley, Amy Burgett and Nancy Fisher

5 Years of Service

Missy Toothman



Community Employment

Many individuals have been out of work or had changes to their work schedule due to Covid 19 but after a long year, many people are being called back to their jobs. Recently, two people have started a new journey in community employment.

Lakisha has been hired at Scratch Steakhouse and Lounge and Aaron is employed at The Ohio Grille. Congratulations to you both. We are very proud!

I'm happy to announce the JET Program will resume in June. If you have questions, please call me at 330-627-6555.

Reva Castelucci, Job Coach



Community Employment 2021 Years of Service Awards Recognized



William and Marie are receiving an award this year because they've both been at their jobs for five years. William is employed at Razor Rents and Marie works at Pieces with Purpose. Congratulations! Keep up the great work.



Art Transformed to Music!

Jen Collins

Our students are working on an art piece that will be transformed into music by a breakthrough image-recognition technology. Watch on Facebook to see the finished product.



Unspoken Symphony was created for all those who struggle to express themselves verbally. Inspired by a little girl who can't speak, it transforms artwork into an original melody, giving the world a chance to communicate and connect with loved ones like never before. For more information on *Unspoken Symphony* check their Website at <https://www.unspokensymphony.com/see-our-story>





Self-Advocacy - Ashley Hyde



Mayle Homes and Starlight's Self Advocacy Group members have been learning about budgeting and money skills. Both small groups have also been gaining knowledge pertaining to rights and responsibilities. The individuals involved have started a three month series that will help to discover their strengths, abilities, communication skills, boundaries and goals.



Talent Show Winners



Abby 1st place



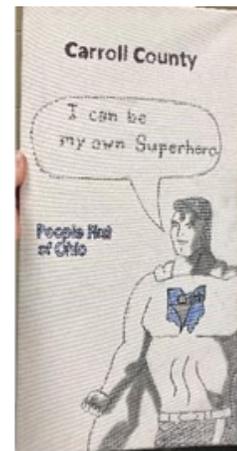
Alyssa 2nd place



April 3rd place

Carroll County People First Logo Contest

These are the entries for the Carroll County People First Logo Contest. A winner is yet to be determined, as members are still casting their votes.



PROVIDER News



Carroll Hills Industries

P.O. BOX 567- 1182 ROSWELL ROAD N.W., CARROLLTON OHIO 44615,
phone(330)627-5524 – fax (330)627-6605

Carroll Hills Industries is a private 501C3 organization. Our mission is *to provide vocational supports and opportunities to Adults with Developmental Disabilities, so they may face and overcome their challenges in an effort to live a meaningful and more self-determined life in their community*

Carroll Hills Industries, Inc. (CHI) offers a variety of programs and services designed to help individuals with developmental disabilities to live and work in the community to the fullest extent possible. CHI has felt the effect of COVID-19 in the amount of enrollees we are allowed to serve due to Ohio Department of Developmental Disabilities and the Ohio Department of Health guidelines. Although we downsized due to the pandemic, our vocational program is still operating along with some craft activities for the enrollees.

All programs and services offered by CHI are based on the wants, desires and needs of the individual through Person Centered Planning. CHI strives to provide services in the least restrictive environments to the individual and include structure to make sure opportunities exist for work, recreation and social integration into the surrounding community. The primary service offered at CHI during this pandemic is Vocational Habilitation Services.

The purpose of Vocational Habilitation Services is to provide training with the goal of each individual acquiring skills to be competitive in the community when applying for employment outside of Carroll Hills Industries. Vocational Habilitation provides the opportunity to learn and gain experience to develop skills that lead to competitive integrated services. CHI's Vocational Habilitation Services consist of in-house employment contracts, janitorial enclave crews and mowing and landscape training.

DD Month at CHI



This month we have been celebrating DD month and St. Patrick's Day. We have a new contract on the square which allows the employees to have lunch on the picnic tables between jobs, and enjoy this beautiful weather.

Thank you for your dedication to individuals served through the CCBDD!

Service Award Nominations

Carroll Meadows

Gordon Warner / Loaves and Fishes
Pieces with Purpose

Business / Industry Award Nominations

FFA Camp Muskingum

Carroll County Health Department
Carroll Lanes
Carroll Assembly of God Church
Great Trail Golf Course
Harcatus Head Start
Knickers
Mayle Homes Inc.
Hospice

Partnership Award Nominations

Abbi Bausell	Victoria Walker
Jill Borland	Barb Warner
Regina Falter	Sarah Watkins
Jami Fisher	Heather Wylie

Personal Achievement Award

Children Nominations

Abby Bland	Ezra Moran
Jeremiah Detweiler	Coyote Waugh
James "Carter" Jones	Brentlee Winkler
Mattie Mesic	Emma Winkler

Hellen Eick Outstanding Volunteer

Award Nominations

Bryan Burgett	Katie Pelley
Chris Hyde	Alfred Rhiel
Terry Hyde	Pixie Furbee

Adult Nominations

Brittany Beckley	Mitchell Imhoff
Heather Bishop	Thomas Meagher
Gene Fankhauser	Alaina Ulman

Helen Eick Outstanding Provider Employee

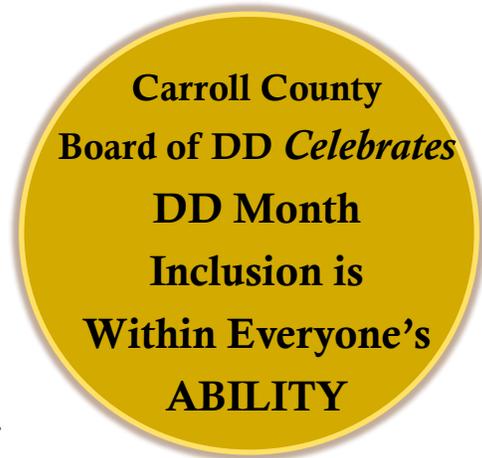
Award Nominations

Vickie Baum	Jen Carver
Jenny Danko	Dolly Pelley
Katie Schmidt	

Helen Eick Outstanding Employee

Award Nominations

Nancy Boley	Ashley Hyde	Margaret Mesler
Tara Burke	Cindy Jones	Kayla Morgan
Kaitlyn Carte	Tonya Hawk	Rhonda Powals
Vivian Day	Dave Henry	Michele Rutledge
Nancy Fisher	Jessica Lafferty	Missy Toothman



Winners are highlighted
www.facebook.com/carrollcbdd



Bowling and basketball practices resumed in February after being shut down during December and January. Both seasons have been different this year but we've pushed through and are nearing the end of the season. Unfortunately, there were no competitions in the 2020-2021 season but the athletes still had fun at practice while also working on their skills. I'm thankful for the time that we spent together and look forward to competing in the 2022 season.



Thomas, Carroll County Athlete Leader, is working on receiving a coaching certification for the basketball team. He's been studying general coaching requirements as well as obtaining a CPR certification. Thomas is dedicated to achieving his goal and we wish him the best of luck through this process.

Track and bocce team sign-ups have been distributed. Both team practices will begin in April and will run through the end of May. Golf season will begin in late July.



Although The 2021 Summer Games are cancelled, Carroll County Special Olympic athletes continue to practice to keep trained and engaged in preparation for future competitions.

For Low Vision Readers

A new typeface – greater legibility and readability for low vision readers

Atkinson Hyperlegible font is named after Braille Institute founder, J. Robert Atkinson. What makes it different from traditional typography design is that it focuses on letterform distinction to increase character recognition, ultimately improving readability. It is free for anyone to use!

For more information and free download—<https://brailleinstitute.org/freetype>

Atkinson Hyperlegible unique design features

For low vision readers – certain letters and numbers can be hard to distinguish from one another.

Answer – Atkinson Hyperlegible differentiates common misinterpreted letters and numbers using various design techniques.



**Carroll County Board of
Developmental Disabilities**
P.O. Box 429, Carrollton, OH 44615.

Board Members

- Patti Gotschall, President
- Raye Oheidhin, Vice President
- Diana Strader, Secretary
- Debra Shaw
- Kristen Long
- Deb Postlewaite
- Katie Bailey

Superintendent

Matt Campbell

The Carroll County Board of Developmental Disabilities—CCBDD Equal Opportunity in Employment, Access, and Services.
CCBDD News— Editor, JoAnn Hilliard, Ryan Buck, & Amy Swaim, Co-Editors. Send information or inquires to jhilliard@carrollcbdd.org or call 330-627-6555

UPCOMING EVENTS

4/11 and 4/15 - Parent Teacher Conference
3:30-7:00 PM

4/1 - School Closed—Conference Comp Day

4/2- 4/5 - Spring Break—Entire Program Closed

4/9—AM Preschool Make up Day

4/16—AM Preschool Make up Day

4/21—AM and PM Preschool Make up Day

4/22— No Preschool

5/21 - 2 Hour Delay—School only

5/31 - Memorial Day—Entire Program Closed

6/03 - Students Last Day of School

6/04 - School Staff Last Day

7/5—Independence Day

Observed—Program Closed



Do you have concerns about your child's development?

Eligible children ages birth through two years old can receive free Early Intervention services.

What is Ohio Early Intervention?

A statewide system that provides coordinated services to parents of infants and toddlers with disabilities or developmental delays in Ohio. Services are based on the county that you reside in. We use a coaching model to help you advance your child's development.

Anyone can make a referral.

If you have a concern, call us at 1-800-755-4760 or complete a simple, online referral at ohioearlyintervention.org (scroll to the middle of the page). We will set up a time to talk to you that fits into your schedule. For further information regarding Carroll County E.I. Services, contact Jessica Lafferty at (330) 432-5775.