

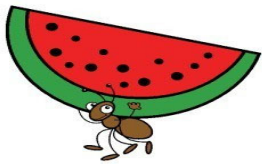
# HOPE SERVICES

June 2019

Seeing Potential ~ Inspiring Opportunities

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*HOPE Services is committed to creatively working in partnership with eligible individuals and their families to discover, pursue and achieve what is important to them.*

Listen to WNDH 103.1 every Thursday at 12:30 p.m. for more information about HOPE Services.

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Napoleon, OH 43545  
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## HOPE'S HOT DOG & BRATWURST BASH

**FRIDAY,  
JUNE 7, 2019  
11:00 A.M. TO 1:00 P.M.**

**FREE WILL  
DONATION**

**PROCEEDS TO BENEFIT  
NAPOLEON CITY  
POLICE DEPARTMENT  
K-9 UNIT**

*HOPE Services*  
**135 E. Maumee, Napoleon**  
• *eat in, drive through or carry out* •

FINANCIAL ASSISTANCE  
PROVIDED BY



**THRIVENT  
FINANCIAL®**

AND

**HENRY COUNTY PORK PRODUCERS**

# PLEASE JOIN US



Thursday, June 20th  
5:00 - 6:30

**HOPE Services**  
**Activity Center**

## Visit with **A Comfort Dog**

Anna is a trained K-9 Comfort Dog and is a friend who brings a calming influence and allows people to open up their heart and receive help for what is affecting them.

You won't want to miss what Nancy Borders has to say about the Comfort Dog Ministry and

***meet Anna!***

*Pot Luck Night!*  
*Grilled Hot Dogs will be provided*  
**BRING A SIDE DISH TO SHARE!**

Call 419-599-2892 with questions!

**INVITE YOUR FRIENDS TO COME ALONG!**

**SELF - ADVOCACY, Speaking Up for yourself and others, Educating yourself, and Helping your Community. Be a part of the FUN!**



## **UPCOMING BOARD MEETINGS**

**ALL HCBDD BOARD MEETINGS BEGIN AT 4:00 P.M. IN THE HOPE SERVICES ACTIVITY CENTER**

June 27, 2019  
July 25, 2019  
No Board Meeting in August



# LAW ENFORCEMENT TORCH RUN<sup>®</sup> FOR SPECIAL OLYMPICS

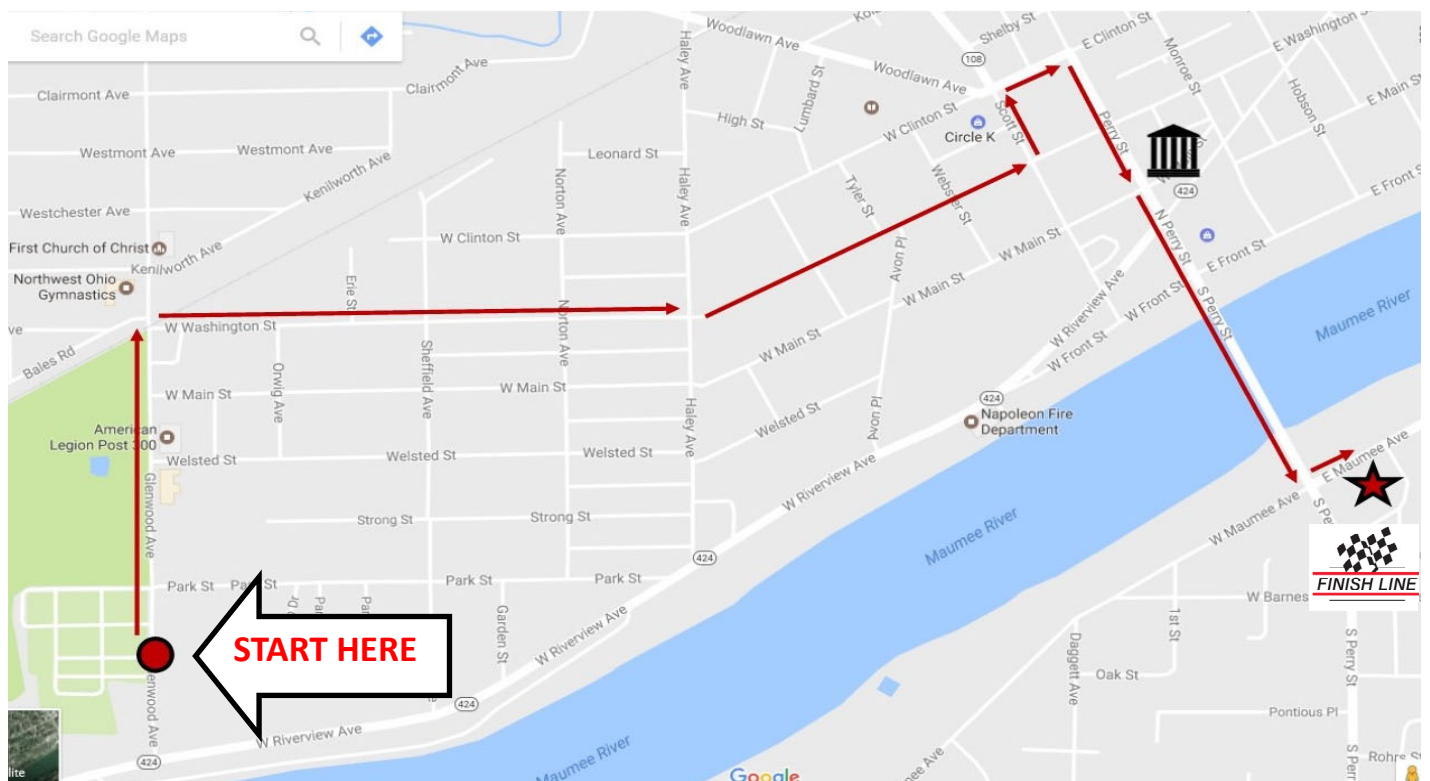
The Ohio Law Enforcement Torch Run will be running in Napoleon the afternoon of Tuesday, June 25, 2019.

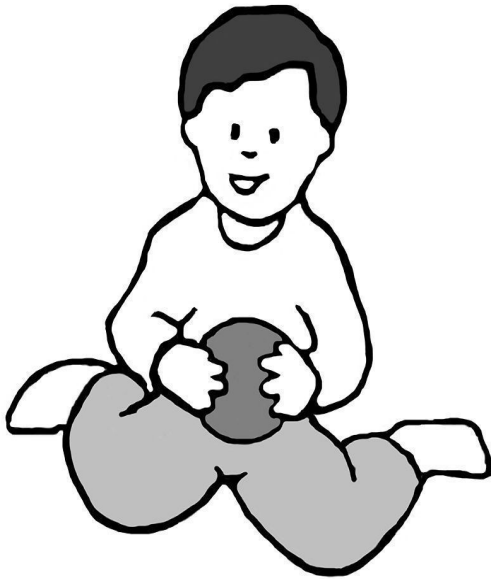
Supporters can line the streets along the route which will begin at the Napoleon Police Department. The runners will travel down Washington Street past Circle K, stopping at the Courthouse. They will then cross the River Bridge and end at HOPE Services on East Maumee.

If you would like a T-shirt or are interested in running in this event, please contact Tina Parsons at 419-599-2892.

Hope to see you cheering on the athletes!

Those participating in the event are asked to meet at the Napoleon Police Department at 11:30 a.m. to depart at noon. We will walk/run the route below, stopping at the Henry County Courthouse for a brief ceremony before continuing on to the finish line at HOPE Services. Those not able to walk/run are encouraged to line the streets on the route below to cheer everyone on!





# W-Sitting

## What is W-Sitting?

W-sitting is when a child sits on their bottom with their knees bent and feet positioned outside of their hips. If you're standing above your child, you will see their legs and body make the shape of a W.

## Is W-Sitting Bad?

Often children move in and out of a W-sitting position while they're playing. It is okay for a child to move into a W-position sometimes, as long as children don't remain seated like this for very long or use it as their regular sitting position. There are risks with W-sitting for long periods of time or W-sitting so often that it's a child's go-to sitting position.

## What Risks are Associated with W-Sitting?

When children W-sit for longer periods of time, they are at risk for the following issues:

- Sitting in the W-position can put strain on the ligament of the child's hips and knees and increase the likelihood of poor alignment of these joints.
- Limited core strength: The wide-sitting stance of the W-position makes it easier to keep the body upright. Children sitting in a W-position don't have to use their core muscles as much and won't develop them as they would in other sitting positions. In fact, this is why some children choose to sit this way!
- Lack of reaching across their body on either side: The W-position makes it difficult for children to rotate their upper bodies and reach across to either side with one or both arms.
- No hand preference: In a W-sitting position, a child has so much trunk control and stability (it's like using a kick stand to hold up a bike!) that it's very easy to use either hand to accomplish tasks. However, developing hand preference is important for writing ability later on.

## What Can You Do About Your Child's W-Sitting?

If your toddler constantly is W-sitting, there are steps you can take to break their W-sitting habit.

- Remind your child to "fix their legs" whenever you see them sit in a W-position.
- Offer your child a small chair or stool as an alternative to sitting on the floor

You can discourage W-sitting by showing them other ways to sit. Encourage your child to try these positions:

- **Legs crossed:** Child sits on their bottom, crosses their legs, bends their knees and tucks their feet underneath—sometimes referred to as crisscross applesauce.
- **Legs in front:** Child sits on their bottom with their legs straight in front of them.
- **Legs to the side:** Child sits on their bottom and bends their knees so both legs are lying in one direction on one side of their body.

# HEY PROVIDERS!

The 2019 Henry County Fair will run Thursday to Thursday, August 8 to 15.

This year's theme is "Summer's Last Blast!"

HOPE Services will be participating in the Tomato Festival Parade Sunday, August 11, and we invite YOU, our partnered providers, to join us! More information to come but please consider signing up a few of your professionals and individuals served to join us for the parade. What a great way to show our community supporters we are a united team providing services and support to the citizens of Henry county living with developmental disabilities.

For those who sign up we will have signs to carry promoting your agency as well as candy to pass out.

Contact Tina Parsons for more information.



**Congratulations to Cheryl Smith as she retires from HOPE Services after 31 years of service.**

**If you would like to extend your well wishes, there will be an Open House at the HOPE Services Activity Center on June 26 from 4:00 p.m. to 6:00 p.m.**

**Hope to see you there!**

# THANK YOU!

HOPE Services appreciates the hard work and dedication of each of its professionals which contribute to the overall success of the agency. We would like to recognize the years of service given by the following professionals:

- Melinda Dachenhaus 20 years
- Robin Sinn 17 years
- Melinda Camp 26 years



**HOPE Services will be closed on Thursday, July 4, 2019, in observance of Independence Day.**

# Kent's Korner June 2019

## Upcoming Events

June 3rd Horseback Riding at Dusty Boots in Weston at 5:00pm  
 June 4th Volleyball vs Lucas County at Filling Home at 6:00pm  
 June 4th Track Practice at Fairgrounds at 6:00pm  
 June 4th Cycling Practice at Fairgrounds at 7:00pm  
 June 6th Volleyball vs Fulton County at Fulton at 6:00pm  
 June 6th Track Practice at Fairgrounds at 6:00pm  
 June 6th Cycling Practice at Fairgrounds at 7:00pm  
 June 10th Horseback Riding at Dusty Boots in Weston at 5:00pm  
 June 11th Volleyball vs Wood County at Filling Home at 6:00pm  
 June 11th Track Practice at Fairgrounds at 6:00pm  
 June 13th Volleyball Practice at Filling Home Gym at 6:30pm  
 June 17th Horseback Riding at Dusty Boots in Weston at 5:00pm  
 June 18th Bowling Lock In at River City Bowl-A-Way at 4:00pm  
 June 25th Torch Run in Napoleon at 12:00pm  
 June 28th –30th Summer Games in Columbus

If you have any Special Olympic news and or pictures that you would like to see included in the newsletter please contact me at:  
[kspiess@henrydd.org](mailto:kspiess@henrydd.org)

## Chris Scarberry

Chris' pick of coach is Randy Barnes and has been involved with Special Olympics for many years. Chris' favorite Special Olympics memory is at Horseback Riding setting a record in barrels. He participates in Basketball and Horseback riding. Chris' much-loved Special Olympics sport is basketball. His favorite restaurant is Azul and his pick of movie is Super Buddies. Chris' choice of store is Walmart. If Chris won the lottery he would stay here because he likes it here and everybody would miss him. His pick of TV show is Paw Patrol and his favorite color is sky blue. Chris has a pet dog named Abby. He lives in Napoleon and his favorite food is Mexican.



## Volleyball

The Weekend of May 4th the Volleyball team had spring games at Southview High School. The Modified volleyball team played three games. First game Henry County played Fulton County and won in two sets 26-24, 25-10. Second game Henry County played Lucas County and lost in three games 25-22, 8-25, and 5-15. The third game Henry County played Wood County and won in 3 sets 14-25, 25-22, and 16-14. Henry County took Third place overall in the tournament. The traditional team also played two games against Lucas County and lost 19-25, 21-25. Second game Henry County played Sandusky County and won 25-10, 25-3. They also took third place overall in the Tournament.

Volleyball team played on May 15th against Lucas County. They won in two sets 25-22 and 25-16.

# SUPPORTED EMPLOYMENT SERVICES



We would like to acknowledge:

- ◆ Beau Beech's three year anniversary at KK Collision.
- ◆ Jennifer Jenkins' one year anniversary at SANOH.
- ◆ Kelsey Wayne's five year anniversary at Clubhouse Pizza in Holgate.
- ◆ David Brickman's one year anniversary at Alex Products (NASG)

## JOB DEVELOPMENT UPDATE

SES has been working with many individuals looking for a community job. Over the past few months we have found positions for several individuals: one is working on a landscaping/garden crew, another is beginning her training at a local pizza restaurant and we are waiting to hear back on several interviews. Job Development continues to be busy.

The interviews that have taken place over the past few weeks have provided us with a lot of information on jobs, the rate of turnover that businesses are facing and the need for qualified workers. If you are thinking about working, now may be a great time to talk to your SSA about Supported Employment Services.

Remember that a job is a commitment—a very serious commitment—and you need to be prepared to make changes and sacrifices to your routine to be a great employee. Employers are looking for people to work the days and times that their business demands. The more open you are to different shifts and days the more employable you become.

### 10 things that require ZERO Talent:

- |                  |   |
|------------------|---|
| 1. Being on Time | 6. Attitude                             |
| 2. Work Ethic    | 7. Passion                              |
| 3. Effort        | 8. Being Coachable                      |
| 4. Body Language | 9. Doing Extra (going above and beyond) |
| 5. Energy        | 10. Being Prepared                      |

## In the Spotlight

In January Kristin Moehle dived right into her new employment as a dietary aide at Brookview Health Care Center. When at work Kristin enjoys her position of serving residents their dinner and maintaining their dietary needs. Kristin chose this position as an opportunity to help her with her goal of becoming an STNA. Kristin is inspired everyday by being able to help the residents have their greatest experience while staying in the facility. Kristin's favorite part of work is the residents she serves. Kristin stated, "Supported employment services has helped me to get back on my feet and confidence to achieve my goals. If a new employee would start today my advice would have to be to not stress on the little things just stay focused. Sherry (Head Cook) has been my biggest supporter and has made my experience here great!" Ron Williamson, Kristin's supervisor stated, "Kristin is so appreciated with her great work ethic and personality!" When Kristin is not working she loves doing her artwork at Soaring Arts in Napoleon.



# Upcoming Events

- **HOPE'S Hot Dog and Brats Bash** on Friday, June 7, at HOPE Services. Serving will be 11:00 a.m. to 1:00 p.m.
- **Torch Run** through downtown Napoleon on Tuesday, June 19.
- **Voices of HOPE** will be held Thursday, June 20, at 5:00 p.m.
- **Henry County Board of DD Board Meeting**—The Board meeting will be held Thursday, June 27, at 4:00 p.m. in the Activity Center.
- **HOPE Services** will be closed on Wednesday, July 4, in observance of Independence Day.

HOPE Services does not discriminate in provision of services or employment because of disability, race, color, creed, national origin, sex or age. Send news stories and items of interest to Kathy Bishop or Kent Spiess.

135 E. Maumee  
Napoleon, OH 43545