

HOPE SERVICES

May 2020



Seeing Potential ~ Inspiring Opportunities

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Our Mission

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.

135 E. Maumee
Napoleon, OH 43545
419-599-2892

or

2254 North Scott St., Unit 2
Napoleon, OH 43545
419-592-0126
www.henrydd.org



Generosity



thank you!

HOPE Services Staff would like to thank Kathy Bishop and Kelly Verbeke for the time they put in to organizing the caravan of visits to the people we serve throughout Henry County. Mapping it all out and planning took a lot of time, thank you for your dedication and hard work!

We would also like to thank all of the Providers and DSP's who have been putting in long hours being essential workers to those receiving services. Your commitment to those we serve is amazing!

Thank you to Mark and Marci Wakeham and family for the generous donation of Clubhouse Pizza Kits that were delivered to those receiving services. The joy and entertainment this brought to individuals and families is amazing and we are grateful!

Toni Lynn Creations made and donated 100 cloth masks for those with developmental disabilities living in community settings and their caregivers. We can't thank you enough Toni for your kindness and generosity!

Melinda Camp, Chris Schultz, Tiffany Swihart, Chris Scarberry, and Donna Tucker - THANK YOU for assisting with St. Vincent de Paul Society St. Augustine Catholic Church's Food Panty.

Do things for people

NOT BECAUSE OF WHO
THEY ARE OR WHAT
THEY DO IN RETURN,
BUT BECAUSE
OF WHO YOU ARE.

From the Superintendent

I'm writing this on a beautiful Spring day. My window is open and I hear the birds chattering, music from car radios as they pass by, and the sound of people cutting their lawns. Spring always brings a fresh start! Governor DeWine has begun the cautious process of returning life to "normal". While everyone is anxious to get back to "normal" we need to remember that we don't want to repeat the past few months again! It is important that all of us continue safe practices such as; staying home when we feel sick, washing our hands often, socially distancing, and yes even wearing facemasks. These are small things that we can do to make sure we keep our family, friends, and fellow Henry Countians healthy. Let's do this so we can ALL enjoy the nice weather ahead! - Stephen E. Tucker, Superintendent



HAPPY WORK
ANNIVERSARY

Theresa Myles - 17 Years!

Stephanie Jones - 5 Years!

Jody Farber - 5 Years!

Cassandra Seesholtz - 3 Years!

Thank you for your commitment to the agency and to those we serve!



There is often confusion between Help Me Grow, Home Visiting, and Early Intervention. Let us try to make this a little clearer. Help Me Grow is a system of supports for pregnant women, young children and families throughout Ohio. These services and supports are provided through Home Visiting (which in Henry County is provided through the Henry County Health Department) and Early Intervention (which in Henry County is provided through HOPE Services).

Help Me Grow Home Visiting is a free, voluntary home-based program offered to expectant parents and those with infants.

Home visitors address pregnancy and well child development skills. A few topics may include how to have a healthy pregnancy, how to soothe your crying baby, how to manage sleep, managing stress and connecting families to community resources based on their needs.

Help Me Grow Early Intervention (EI) supports families of young children to age three with developmental delays and disabilities and those that have a medical condition which may lead to a developmental delay. It is provided through HOPE Services at no cost to families and is a voluntary program. A Service Coordinator will be as-

signed to your family and will be the primary EI contact. After an assessment which allows the EI team to learn more about your child's interests and abilities and your family's routines and priorities, families and their EI team write goals (outcomes) they would like to achieve. The EI team will help families explore and access services that will help meet these outcomes.

Anyone can make a referral to both Early Intervention (EI) and Home Visiting with the consent of the family. To learn more about these programs or to sign-up you can call: 1-800-755-GROW or the Early Intervention Team at 419-592-0126.



Keeping Busy at Home!



Disability Benefits 101 (DB 101)

DB 101 is an integrated suite of online tools, information, and training where people with disabilities can directly access plain-language information about work and benefits and health coverage programs. Three calculators have been developed: Work and Benefits, School To Work; Medicaid Buy-In. DB 101 is a resource for families, job seekers and professionals that can be used to help analyze the impact of employment on an individual's benefits. While DB 101 does not replace a comprehensive benefits analysis, it can help to provide a general understanding about employment and benefits. To learn more visit: <https://oh.db101.org/>



Your feedback is important to us!

If you received an Employment Satisfaction Survey it's not too late to submit them. If you have misplaced your survey and need another one contact Melinda Camp at 419-599-2892 Ext. 240.



To all the essential workers: Whether you are a DSP, employment provider, fast food worker, social worker, cleaner, retail associate, transit worker, home health aide, doctor, nurse, first responder or the many other positions required to keep our economy going during the pandemic, we depend on you and want to take this time to say **Thank You** for all that you do!

Social Media Tips for Employees

- Familiarize yourself with your workplace's social media policy
- Avoid venting about your workplace or co-workers online
- Regularly monitor and manage your profile
- Check your privacy settings
- Consider how your online footprint might impact your professional reputation or future career opportunities
- Consider which friend requests you accept
- Be careful what you "like", favorite or re-tweet. If they have a negative impact on your employer's reputation, your employer may be entitled to take action
- Avoid excessive personal social media use at work





VIRTUAL WHAT?!

The future of REC in Henry County

We can't put a date with this, but be assured that REC will be back. We will keep an eye on what is going on and as we can reschedule and get events going, we will let you know.

Stay tuned!

Check the HOPE Newsletter, Facebook page and www.Henrydd.org.

We have been tossed into a computer world and it is kind of hard sometimes to figure it out! Don't get discouraged. If you need help, call your SSA and they will coordinate to help you. There are LOTS of things you can do "on-line" and we don't want you to miss out if you want to do them!

- ZOOM meetings - chat and see your friends!
- Facebook Chat and Video on Messenger
- Webcams from all over
- BINGO
- Cooking Class
- Exercises

<https://allchoicesmatter.org/upcoming-events/>

<https://resources.specialolympics.org/health/fitness/fit-5-page>

Flashback



Fitness Influencer Challenge

**DON'T ADAPT
TO THE ENERGY
IN THE ROOM,
INFLUENCE
THE ENERGY
IN THE ROOM**



**Exercise 5 days
each week.**



**Eat 5 Fruit and
Veggies each
day.**



**Drink 5 bottles
of Water each
day.**

Influencer Challenge Overview

Special Olympics Ohio is hosting the first ever "Fitness Influencer Challenge". This will be an ongoing fitness competition with various incentive opportunities throughout, the most prizes being after 52 weeks of consistent fitness documentation. At the end of the 52 weeks, contenders are offered the opportunity to apply for the Fitness Influencer position with SOOH. This will be a 1 year appointment where the winner will be featured in fitness videos, fitness updates and fitness decisions at SOOH.

3

SPECIALIST

70 DAYS/14 WEEKS

Incentive: Shirt, Workout Bag. Entered to win 1 month Hello fresh free.

6

CAPTAIN

135 DAYS/27 WEEKS

Incentive: everything in Specialist tier PLUS Water Bottle, Fitness bands, Entered to win Fitness Headphones, 1 month free hello Fresh

9

TREND SETTER

200 DAYS/40 WEEKS

Incentive: Everything in Captain Tier PLUS Fitness headphones, gym shoes, Entered to win smartwatch,

12

CHAMPION

260 DAYS/52 WEEKS

Incentive: Everything in Trend Setter Tier PLUS Whole Foods gift card (\$\$), Ability to apply for Fitness Influencer Role with SOOH, Torch Runner at SG 2021

How to get your

FIT 5

A guide to achieving fitness and your personal best with **physical activity**, **nutrition**, and **hydration**.



5 DAYS OF ACTIVITY
20-30 minutes



5 FRUITS OR VEGGIES



5 BOTTLES OF WATER
5 16oz bottles

5

DAYS OF ACTIVITY

You can become a better athlete by enjoying physical activity outside of your sports practice. There are many ways to be physically active. Certain exercises can help you improve the skills needed for your sport.

- Endurance
- Strength
- Flexibility
- Balance

Must be 20-30 Minutes

5

FRUITS OR VEGGIES

Eating right is important to your health and your sports performance. Eating right can be easy because here are many delicious healthy choices.

5

BOTTLES OF WATER

Water is important fuel for sports and for life. Drinking the right amount of water is important for your health and can also help your athletic performance.

Goal 5 16oz Bottles each day

Why Fit5?

Athletes want to perform their best at every competition. You can do this by being fit. Fit5 is a plan for physical activity, nutrition, and hydration. It can improve your health and fitness to make you the best athlete you can be.

Questions:

inclusion@sooh.org

**Special
Olympics
Ohio**





DAILY CHAT SESSION - join us!



Topic: Daily Chat @ 3:00

Join Zoom Meeting

<https://uso2web.zoom.us/j/99265896996>

JOIN US! Daily @ 3:00 PM we have a video chat session to see what everyone has been up to, talk about coping with changes, and have guest speakers. Last week, Joy with the Henry County Health Department, Police Chief Dave Mack and Stacey Creps with Dusty Boots joined us!



JOIN NWOSDA ON ZOOM for a Tiffin University Training

Interacting with Police Officers

What You Should Know

with Nathan Turner President of Self-Advocates of Lucas Co. & Michele Myerholtz Lucas Co. Assistant Superintendent

May 12, 2020 1:00pm-2:00pm

Contact: Marta Mohr at mmohr@senecadd.org or 419-447-7521 ext.133 to RSVP

Join us & Learn:

- What is the job of a police officer
- How to act around police officers
- What are your rights and responsibilities.
- Getting to know police officers and letting them get to know us!



Sponsored by Lucas County Board of DD & OSDA



Call Tina to RSVP for this ZOOM Tiffin Training!

419-467-5198 or tparsons@henrydd.org.

Have you gone to SYNERGY??

Synergy 1-Minute Video of YOU – Use your phone and make a short (less than 1 minute) of yourself talking about what is so great about your Synergy experience.

Synergy is more than a conference! You have to experience it to understand. Text your video to TINA at 419-467-5198!

All about HOPE

MAHARCJBWMAEGYXELHEUNEDLKRNFPP
HCRBEWLMNHJNEKQMNGOCOMMUNITYZI
KYCIJDNVMYMRTUCKERIULKDXKDZJOC
CEMPLOYMENTJSQBIWWDJOVQYHSXBWT
ZDSDDKLPZNCMPMHOZTYAFOGJTCNOVF
UDNLYCSAHTNVECBBFCTIGIDAEGVSPK
IYBEFKIRBFIKAINECLKYVCVEADPSDD
EPYTTXZAOGREKPBLOLNYMEKVYJCHEU
ZRJSLTWDWOZVUOMOALIFBSJQPNFODJ
IOZGPTRELXZBPPCGCLEMYOWITCVPYR
VVOOMNSAIKAZOCGIHWKWGFBIREFICU
DIUHTBGMNAXULOJPBFISHHWKAMEQNO
ADWOBHKIGSJRSROJATQCSONDGZXXMN
DEZPKADIOTPNZNNUUREPAIPXZPHUPBO
VREEPYSUYGTOQBIMNFHKXERFDCOWXP
OSSSKLMKIWFARKGYEEWYLYPOBHPHHL
CVSBEPKPENOZBTSNSTPKGXNUBWEKOX
AYAQONTKPTKAAIAQYFXVOLUNTEERYT
CKLTFCXNYJBYYILTWKWMLEDRFTREU
YYCREVCDSPOAYYQIIVXJQBAANMVOFC
VSVJEWDEVDMBLWYYTOYVVFQZTWKXEMQ
VXJKUCSUJBWICLQDSYNLUILIWCLJXW
ROPZSFRIENDSGOFYLCHSTJTOBXATON
KYCHWPSEAINVPQAMVRPZDFRNAQBFFZ
SXUHZLIYADJMFZYCPKRGXQXCWTCQCX
QKAEECQJDTXSWGTPHSYIVPQHTQCHXN
VQTBNEZJKYIYOUATTERQFYPPVKRKY
XWHVCVREJEROFIIMVBHJLUIKRNEAQX
AUFAPQGEVDKPNXOICGLFNPSTKNSWGY
WBXC DGQXAASKQTWVGVL MCHENRYCUCD

TRANSPORTATION	VOICESOFHOPE	COACHBARNES	LETSGOHOPE
RECREATION	EMPLOYMENT	FOUNDATION	BASKETBALL
COMMUNITY	PROVIDERS	YOUATTER	JOB COACH
VOLUNTEER	MRTUCKER	ADVOCACY	FRIENDS
SPEAKUP	POPCORN	BOWLING	PARADE
ABILITY	HENRYC	HOPE	CHEER
BOCCE	HARC	DSP	SSA

2020 C-19 CHALLENGE

HOW IT WORKS

Pick a Cardio exercise OR Workout you would like to do each day (or a different one each day).

Start with 10 minutes each time the first week.

Increase by 5 minutes each week.

Try to get 20 minutes or more per day.

Put a check on the Calendar each time you do a workout.



<u>Cardio</u>
Walk
Run
Bike
Skip
Treadmill
Elliptical
Jump Rope

<u>Workout #1</u>
Pushups 5
Situps/curls 10
Jumping Jacks 15
Stand&Jump 3X
Side Jumps 6X
Mountain Climbers 10X

<u>Workout #2</u>
Pushups 10
Situps/curls 20
Jumping Jacks 30
Stand&Jump 6X
Side Jumps 12X
Mountain Climbers 20X

C-19 CHALLENGE TRACKER

MAY

2020

<u>Sun</u>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
<u>31</u>					1	2
<u>3</u>	4	5	6	7	8	9
<u>10</u>	11	12	13	14	15	16
<u>17</u>	18	19	20	21	22	23
<u>24</u>	25	26	27	28	29	30

HOPE FOUNDATION GRANT APPLICATIONS NOW BEING ACCEPTED

The HOPE Foundation was formed in 1999 to provide a tax deductible 501 © (3) charity that will assist in enriching the quality of life of children, youth and adults who are served by the Henry County Board of Developmental Disabilities (HCBDD).

All eligible individuals and service providers to those served by the HCBDD are welcome to request funding from the HOPE Foundation. **2020 Grant Requests are now being accepted.**

In considering grant approval, The HOPE Service Foundation focuses on working toward providing the highest possible quality of living to those individuals in Henry County with special needs.

Funding is available on a case by case review by the HOPE Services Foundation. If you are interested in applying for 2020 grant assistance, please contact a SSA from HOPE Services for assistance in completing the grant application.

GRANT APPLICATION TO BE REVIEWED

The HOPE Foundation will meet June 3rd to review grant requests. The purpose of the HOPE Foundation is to help individuals, families, and providers pay for expenses not covered by insurance, Medicaid, or the Board. Generally, amounts awarded are \$1,000 or less, but exceptions are considered.

PLEASE HAVE YOUR REQUEST TURNED IN BY MAY 27, 2020 FOR CONSIDERATION!

Please call Stephen Tucker or the SSA of the person receiving services that would benefit from this Grant.



HCBDD is teaming up with HARC, Inc. to resume a support group for parents with a child or children with special needs. This group is open to the community and will be a time for you to share concerns, questions and problem solving techniques with other parents. During the first meeting we will discuss presenters and speakers that could assist the group.

Meetings will be held at HOPE Services and child care services will be available during the meeting (advance notice will be needed).

If you are interested in this Parent Support Group, please email tparsons@henrydd.org or call 419-599-2892.

You can also email Caryn Tanner at cnr79@yahoo.com if interested.

ZOOM Virtual Meetings will be held until social distancing rules are lifted.



There are many ways to volunteer your time throughout the year. For more info contact:

Randy Barnes, Special Olympics
rbarnes@henrydd.org or

Tina Parsons, Advocacy and Community Support,
tparsons@henrydd.org.

Use of Cloth Face Coverings to Help Slow the Spread of COVID-19

How to Wear Cloth Face Coverings

Cloth face coverings should—

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape

CDC on Homemade Cloth Face Coverings

CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), **especially** in areas of significant community-based transmission.

CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cloth face covering without assistance.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

Should cloth face coverings be washed or otherwise cleaned regularly? How regularly?

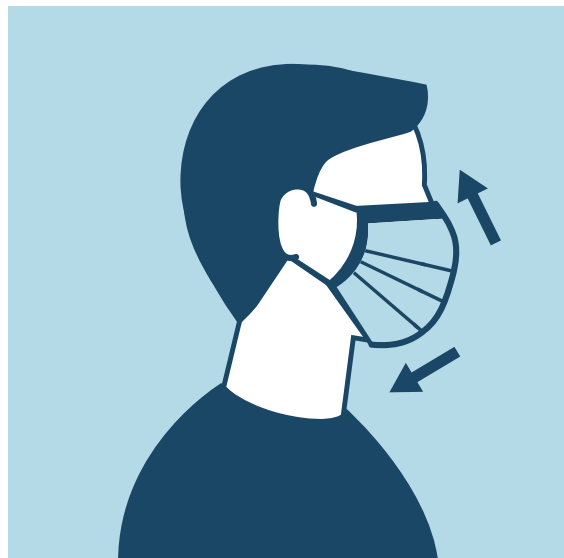
Yes. They should be routinely washed depending on the frequency of use.

How does one safely sterilize/clean a cloth face covering?

A washing machine should suffice in properly washing a cloth face covering.

How does one safely remove a used cloth face covering?

Individuals should be careful not to touch their eyes, nose, and mouth when removing their cloth face covering and wash hands immediately after removing.



Contact Us

www.henrydd.org

Administration Office	419-599-2892
Superintendent	419-599-2892
Early Intervention and Employment Services	419-592-0126
Family Support Services	419-599-2892
Transportation	419-592-8726
Special Olympics	419-591-6798
HARC Recreation	419-591-6798
Volunteer Opportunities	419-599-2892



Board Members

President: Kent Beilharz, **Vice President:** Monica Atkinson, **Secretary:** Jake Freppel
Donna Saunders, Thomas Manahan, Caleb Shanks, Nelda Irving

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 Tina Parsons or Kent Spiess.

Napoleon, OH 43545

135 E. Maumee