



B.R.I.D.G.E.S.

**Building Relationships Intentionally to Develop
Growth and Exemplary Services**

{April 2021}



FORECAST

WELCOME!



May offers Hope, Happiness and the season for New Beginnings. Fresh flowers begin to bloom, animals awaken and the earth seems to come alive. There are many reasons to love Springtime.

- Daylight Saving Times means more sunshine giving Vitamin D to the body.
- Warmer temperatures mean more outdoor time and benefits both physical and mental health. Studies show spending time in nature can lower stress and blood pressure.
- An increase in the availability of fresh fruits and vegetables to help nourish the body.
- More sunlight and warmth allow for an increase in outdoor activities like walking or playing yard games.
- Plus, an increase in physical activity and sunrays may translate to a better sleep.



May celebrates:

Gardening for Wildlife Month

Clean Air Month

Asthma & Allergy Awareness Month

Asthma and Allergy Foundation of America website offers information

<https://www.aafa.org/asthma-and-allergy-awareness-month>.

National Osteoporosis Month

National Osteoporosis Foundation (NOF) <https://www.nof.org/>

Works to generate awareness and inspire changed regarding the importance of good bone health and osteoporosis prevention.

 **KUDOS**



TO



For putting a great effort in assisting individuals with NMT services. Buckeye has been arranging routes and times to provide service and accommodating individuals as much as possible. NMT is currently a hard service to come by as transportation is restricting the number of people on the van at one time due to COVID-19 and many NMT providers have not started back up after the pandemic.

We are proud to announce that **Julienne Hardman**, Provider Compliance Coordinator, was named **Manager of the Year for 2020!**

The Manager of the Year is an individual who is a recognized leader in advocating for our Mission Statement ... to focus on individuals with developmental disabilities reach their full potential. This individual works to ensure Board and Department goals are met. This individual takes personal pride in demonstrating to the public, other staff, and families we serve their commitment to our Core Values. Julienne Hardman, a manager in the Provider Supports Department, has shown real growth in her ability to guide staff out of their comfort zones to achieve positive results for the families we serve and the providers with whom we partner.

As the Provider Compliance Coordinator, her position is one of oversight. She partners well with providers to achieve the best outcomes. An example is when she learned providers were having trouble doing BCII checks on fraud issues. She developed a

training in order to assist providers in understanding the system and addressing fraudulent reports. Julienne brings credit to herself, the Provider Supports Department, and the Lucas County Board of Developmental Disabilities. It is an honor to name her **Manager of the Year. Congratulations, Julienne!**



PATHS TO SUCCESS



Spending Time

Have you ever found yourself, rhetorically (or not), asking, “Where has the time gone!?” If so, wouldn’t it be nice to actually know where the time you spend in this life goes? I found myself wanting to know, so, I sat down and made out a list of the things I tend to do on a day to day basis. I kept this daily diary for about a month.

I once heard someone say, “We spend far too much time buying things we don’t need, for more money than we want to spend, to impress people we don’t even really care about impressing.” As I began monitoring how I was spending my time, I started noticing how much time I was spending worrying about things I had no control over and arguing in response to people about things I didn’t much care about! Hmmm...I began to realize that I did not like how I was spending a large portion of my time. Once I realized this, knowing we can only change ourselves and not others, I knew it was time for me to make a change within myself!

Assessing where our time goes and how we choose to spend it, can be an eye opening and cathartic experience. I must warn you, taking this inventory didn't slow time down for me; however, since creating boundaries and making some minor and some major adjustments in my life, I *feel better* knowing where the time I spend goes. Once you begin living your life with intention, then when someone says, "Wow time flies, where has the time gone!?" you will feel good knowing that, while traveling on your *path to success*, you know what the time you have left to spend has been spent on.



LAMPOST



Lucas County is fortunate to have an active CIT program with our law enforcement. The Crisis Intervention Team program is a week-long training that teaches officers how to work effectively with individuals who have developmental disabilities, mental health diagnoses, and substance abuse issues. The officers are educated about important signs and symptoms to watch for and learn de-escalation techniques. They are put through role-playing scenarios to give them practical knowledge for how to handle various situations they may encounter.

Crisis Intervention Team training isn't required by the state, but all of the precincts in Lucas County participate. This helps law enforcement connect the people they serve to the appropriate help they may need. Officers who have been through the training wear a CIT pin that allows people in need to understand that an officer on scene has the proper tools and knowledge to help in a mental health crisis.

If you need to call 911 while working with a person who has a disability, you can request a CIT officer and if one is in the vicinity, the dispatcher will send them.

Recently the CIT program was mentioned in the news after Maumee officers responded to a call

for a man who was experiencing a mental health crisis. That story can be found at the following link:

<https://nbc24.com/news/local/maumee-police-show-positive-outcome-of-crisis-training-in-incident-with-armed-man>

Provider Certification Rules under Revision

Rule 5123:2-2-01 (Provider Certification) establishes procedures and standards for certification of providers of supported living, including Medicaid-funded Home and Community-Based Services provided in accordance with Section 5123.045 of the Revised Code. "Supported living" is defined in Section 5126.01 of the Revised Code and means services provided to an individual with a developmental disability through any public or private resources that enhance the individual's community life and advance the individual's quality of life by providing the support necessary to enable the individual to live in a residence of the individual's choice. The rule governs two types of providers in Ohio's developmental disabilities service delivery system: agency providers (entities that employ staff who provide the services) and independent providers (self-employed persons who provide the services and do not employ, either directly or through contract, anyone else to provide the services).

DODD is proposing to rescind rule 5123:2-2-01 and adopt two replacement rules:

- 5123-2-08 (Provider Certification - Agency Providers)
- 5123-2-09 (Provider Certification - Independent Providers)

These rules are projected to go into effect September 1, 2021. For a chart of the proposed changes, please see the following links:

AGENCY PROVIDER PROPOSED

CHANGES https://mcusercontent.com/46f9edd74ac726fdf457dfe0f/files/cef34d77-a9a9-4158-b2d9-ac15f29ac3e1/Crosswalk_Agency_Provider_2020_11_09.pdf

INDEPENDENT PROVIDER PROPOSED

CHANGES https://mcusercontent.com/46f9edd74ac726fdf457dfe0f/files/2c7ff6bd-7961-4af5-bf27-9e6e9bf7a73e/Crosswalk_Independent_Provider_2020_11_09.pdf

Senior Committee & Opportunity to Consult

A committee meets monthly to focus on the needs of individuals with disabilities as they age. The Senior Committee has representatives from the provider network, the county board, and family members of individuals. Recently the committee has been involved in partnering on a grant to make Lucas County a "Dementia Capable" community. Trainings, resources, and support are available to providers and community members.

The committee offers the opportunity to consult with providers on cases involving seniors with disabilities. If you are working with an individual and have concerns about behavior, accessibility, community resources, or other aging-related issues, please send a brief description of the concern via email to seniorcommittee@lucasdd.org. The committee will be happy to provide suggestions or link to resources.

TRAINING

[ALL TRAINING IS OFFERED VIRTUALLY ON ZOOM AT THIS TIME.](#)

The [May Training Calendar](#) can be accessed here:

https://mcusercontent.com/46f9edd74ac726fdf457dfe0f/files/3116c97c-8a93-4972-8b43-664608f744e7/May_2021_Provider_Training.pdf

You can also access **new provider** training free online at DODD's website at the following link: <https://dodd.ohio.gov/wps/portal/gov/dodd/about-us/training/departments-provided-training/eight-hour-provider-training>. You will be prompted to make an account and it will keep track of which modules you have completed. You can print off a certificate at the end.



Have you checked out the weekly calendar of virtual events offered through We Thrive and Lucas County Special Olympics? These activities are open to any person, with or without a disability. The calendar can be accessed by clicking the following link: <https://lucasdd.info/services/special-olympics/> and clicking on "Virtual Calendar." If anyone has any ideas of virtual activities they would like to see on the calendar, please contact Kelley Watson, Recreation Specialist for the Board, at kwatson@lucasdd.org. She is always open to trying new activities and will do her best to make it happen.



ALL ABOUT ZOOM!

As ISP meetings and provider trainings continue to be held virtually, we have all been learning new skills to keep up with our online work. We have linked a helpful video resource for using Zoom on your computer or phone here: <https://youtu.be/mbbYqiurgeo>

For Provider Training sessions, we have some **Zoom Etiquette Expectations** that we ask all attendees to abide by:

1. Choose a dedicated spot to sit during the training that allows you to stay focused and participate in the training. Please sit upright and be attentive.
2. Put your microphone on "mute" so any background noise is not heard by other attendees.
3. Keep your camera on, and pay attention during the training. Dress appropriately as others will be able to see you on camera. Please limit distractions in the background.
4. Absolutely **NO DRIVING ALLOWED**. If you are driving during the training, you will be removed from the Zoom training and will not receive a certificate. This is to ensure the safety of yourself and others.

Thank you for supporting these expectations so that we can continue to offer free provider training that is educational and useful to all!



FIRST AID STATION

Being prepared for you annual wellness visit

It's that time of year and you have your annual wellness appointment scheduled. There are ways to plan for this visit to make it easier. Sometime communicating with the physician can be difficult because of the uncertainty of "what do I ask and talk about". Here are some suggestions to help prepare for the appointment. Dress in comfortable clothing and avoid any excess jewelry, make up or other things that may prevent a full examination.

Take with you:

- What are the goals for this appointment?
- List of current medications, including over-the-counter drugs and any herbal supplements.
- List of any symptoms or pain you are experiencing.
- When did these symptoms begin?
- What makes them better or worse?
- Medical and surgical history.
- Names and contact information of other doctors you see.
- If there is a change in appetite, sleeping pattern or mood?
- A written list of your concerns so you do not forget, especially if you have several concerns.
- If recent immunizations were received, have the date and vaccine type with you.
- Prioritize your questions/concerns.

During the visit:

- Be honest with your answers, don't be embarrassed, most doctors have heard it before.
- Listen to the doctor's recommendations and rational for any testing.
- Ask questions for clarification and explanation.

After the visit:

- If the doctor ordered test or other treatments, follow up.
- Continue to keep notes of your health for the next visit.

Resources:

<https://www.healthline.com/>

<https://www.beaumont.org/health-wellness/blogs/get-the-most-out-of-your-wellness-visit>

**Annual Wellness Visit Guide by Highmark.com

<https://content.highmarkprc.com/Files/EducationManuals/GeriatricResourceBinder/awv->

"WARM LINE" for Emotional Support

In need of some emotional support while dealing with all things COVID-19?

Feeling lonely? Depressed? Anxious? Stressed? Scared? Angry?

Call the Lucas County Emotional Support Line:



SHOOTING STAR



We must remember that it is
always the right time to do right.

— Marian Wright Edelman in *Guide My Feet*

SpiritualityandPractice.com

Humility is to make a right estimate of one's self.

— C. H. Spurgeon in *The Way of the Small* by Michael Gellert



RESOURCES

The Provider Supports Department staff are here for you!

Pat Stephens, Director

Lisha Washington, Department Secretary

Julienne Hardman, Provider Compliance Coordinator

Lisa Poiry, Provider Development Coordinator

Jennifer Wolfe, Provider Training Coordinator

Sarah Diesch, MUI Coordinator

Erica McElmurry, MUI Coordinator

Provider Support Specialists:

Dan Barda

Jenny Kinney

Terry Myers

Jane Meyer

Linda Repka

Sally Damschroder

George Woodget

Gail Sanders

Catherine

Thanasiu

Michelle Cope-Morris

Meredyth Brown-Grycza

Paul Miles

Success Coaches:

Faith McCreary and Sharon Calhoun

Technicians:

Sherrie Burkhardt, Mellisa Merritt, Sara Gardner, & Danielle Russell

Investigative Agents:

David Mullin

Mira Banks

Dana Myers

Erin Lee

David Vaughan

Tiffany Rozzano

Nathan Wolfe

Leslie Gray

Madelyn Siegel

Tammy Jones

Tracey Merrithew

***Helpful provider information is always available
at the following websites:***

DODD: <http://www.dodd.ohio.gov/Pages/default.aspx#>

Lucas CBDD: <https://lucasdd.info/> (Click on "Provider Supports")



Our mailing address is:

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