



The Valley Views

A Newsletter of the Ohio Valley Residential Services, Inc.

April 2009

The Valley Views is published four times a year by the Ohio Valley Residential Services, Inc. (OVRs). Designed for OVRs families, consumers, staff, and friends, the newsletter includes articles, training opportunities, and personal stories contributed by OVRs residents, staff, and families.

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Consumer Sites & Programs
Charlemar, Parkview, Ivanhoe,
Carmel Terrace, Cypress Way,
Ferncroft, North Bend,
Shadymist, Clovernook,
Woodsfield, Hansford, Lisbon,
Meyerhill, Brookforest,
Epworth Court, Galbraith,
Strifler, Wayland, Cheviot
Apartments, Faircrest, Foster
Settings, and Supported Living

*The Valley Views is proud to be
the second-best newsletter,
because every other newsletter
claims to be the best.*



Orbie Harris and foster provider Donna Byrd go to the Inauguration in January.

Orbie's Trip to the Inauguration in Washington, DC



"On Monday me and Mrs. Donna saw the Washington Monument.... We were on CNN and I was scared to talk on TV.... Fire trucks and police cars everywhere.... We got up at five o'clock in the morning. We walked from the national mall.... I sat down on a wall; it was cold outside.... We got a digital picture with President Obama. There we got Chinese food.... We watched President Obama walk down 1600 Pennsylvania Ave.... We seen him get into the limo... Wednesday morning we got on the bus and left Maryland.... Thursday I got up and went to school."

“Some of Our Favorite Things” about Cruising



Vicki Kempf

My favorite part of the cruise was Karaoke night. We had so much fun singing and dancing.... I like to dress up for dinner.

John Hare

I had so much fun...different shows...in the casino...putting money in the slot machines...eating out day and night...around the clock.

Byron Burl

I had a good time...the ship was so big...I went swimming and loved the rock climbing...went on a glass-bottom boat.

Adjacent Photo:

Back row (right to left): Deborah Parham (foster provider) Vicki Kempf, Willie Dean Adams; Front row: John Hare, Byron Burl



Vicki prepares for her moment at the karaoke microphone.

Time to Fix the Maintenance

For the past several years, **Richard Harrison** and **Jose Fernandez** have worked diligently to maintain the 21 (including the home office) sites under the responsibility of OVRs. As any homeowner knows, it is almost impossible to stay current on every little thing which can break, squeak, crack, or leak. With only two hard-working gentlemen for 21 sites, the agency had to use contractors in plumbing, electrical, major renovations, lawn care, and pest control.

As a part of the budget for 2009, the Board Finance committee approved the hiring of a person to “manage” the maintenance segment of the agency. The intent was to bring on board a person with strong organizational skills, and, who at the same time, would “wear a tool belt.”

Board Director Bob Schneider, a man rich with ideas and

personal contacts, suggested a person to call—**Patrick Landoll**—because of his work as an electrician and a broader experience as someone who could “fix things.”

Pat began work in January and wasted little time to look at how the agency accomplished its maintenance tasks and its backlog of requests from the home sites. Given the size of the maintenance budget, Pat suggested how the agency would be able to accomplish much more with the same budget. The kernel of his thinking was that he felt confident to bring a good deal of the outside contracting to Richard, Jose, and himself. Additionally, he would hire someone for lawn care, and when it rained, or in the winter, the person would be available for other projects including painting home site interiors. It's a thoughtful and inventive plan. The grass is beginning to awake from its winter slumber. **We'll report back later...**

Heard Over the Fence

Meyerhill

Mary Weber celebrated her 75th birthday last month (February 12). She went out to dinner to TGIF with her housemates and staff and afterwards came home for cake and ice cream. Mary is looking forward to attending Camp Allyn again this year, too. **Maude Swain** has been busy crocheting hats all winter.

We're all waiting for the weather to break so that we can shed some clothing and break out the sunglasses.

Shadymist

We have been very busy. We enjoyed a Cyclones game in February and a trip to the Shadowbox in March.

We are also planning on a trip to see the Dinosaurs Exhibit at the Museum Center. Shadymist welcomes **Nellie Kezick** to our home.

Woodsfield

The gentlemen have started bowling again. They all celebrated **Steve Maynard's** birthday, who by the way has been very active taking a Spanish class and engaging in activities with Starfire. In the course of resident changes, **David Mohn** requested to move his bedroom downstairs. He is loving his new space.

Medication Administration Training

Med Updates are starting this Spring. Each staff needs to complete this training each year. Watch for the flyers coming to your group home soon!

A Victory for Victoria

On January 12th, **Victoria Randolph** had just parked her car in the rear parking lot at the Cypress Way apartment building. As she walked around to the front entrance for the beginning of her 4 pm shift, she was startled when she noticed a

toddler—perhaps three years old—on the sidewalk across the street with no shoes or coat and crying uncontrollably. All he was wearing were pajamas. He was about to cross the street. Victoria quickly looked around—for someone, but there was no one. She hurriedly crossed the street, picked up the little boy and carried him into the first-floor apartment, where she and home coordinator, **Kim McCray**, wrapped him in a blanket, gave him some juice, and called the police.

The police quickly arrived, and one of them had an inkling—to check out a small apartment complex across the street and up a rather long and steep driveway. Indeed, the police discovered the boy's father had fallen asleep and was unaware of his son's meandering.

Hats off for quick acting and response to both Victoria and Kim!

Losing the Lard

A number of months ago HR Director, **Priscilla Faux** and her chief lieutenant, **Roseanne Dickerson**, sat with United Health Care (UHC) representatives to discuss employee wellness programs. The UHC reps spoke of many businesses participating in the "Walk across America" experience. In recent weeks, Priscilla and Roseanne decided to make something happen for employees and residents at OV. And so, they devised an exercise plan which was adaptable to each home site, including the slugs sitting in the plush chairs at the central office on Victory Parkway. In phase I, the common denominator is time spent in exercise. Each 15 minutes of exercise, *e.g.*, walking, is equal to one mile. If someone uses a walker, that person gets the same credit for walking 15 minutes as another person swimming for 15 minutes. Each person keeps a personal chart of the miles (minutes) for each day. They then post those miles each day at the home site. Every week the week's totals for each person at the home site will be faxed to the central office. Roseanne or some other important person will track (not trek) all the miles. At some point, some residents and staff will win swell prizes.

In Phase II, Roseanne or some other important person will compile menus that conspicuously lack lard, sugar, salt, and high fructose corn syrup. Roseanne, or some other important person, along with such high profile enterprises as Weight Watchers, espouse weighing and charting as a way to become conscious of meal portions, and to lighten the loads on many knees. Mimicking a popular TV show, OV is preparing to financially reward the biggest losers.

At the March 17 Home Coordinator meeting, there was a unanimous support for the ideas and an eagerness to begin. While proceeding with optimism, it is a common understanding that good exercise and diet intentions often wilt faster than the "darling buds of May." The basic pitch is simple: healthy residents and employees make for productive employees and residents, and importantly, will likely reduce everyone's own medical expenses and pain, and increase their enjoyment of living.



Here OVRS Employees are pretending to walk. Front: **Chris Alexander** and **Dawn Booth**; Center: **Yolanda Croom**; Back: **Roseanne Dickerson** and **Barbara Sweeney**

Superintendent Speaks to OVRS Board



Cheryl Phipps

At a recent OVRS Board of Directors meeting, the Superintendent of the Hamilton County Board of MR/DD, Cheryl Phipps, at the invitation of OVRS Board President, Carey Kruer, presented information about the MR/DD levy, which will be on the ballot in November. Ms. Phipps speaks with pride at a few of the accomplishments of the county board:

- Since 2004 the number of individuals with disabilities served increased from 5,500 to more than 7,900 (an increase of 44%).
- The number of infants and toddlers served has increased; 307% since 2004.

- HCBMR/DD leads all 88 counties in the State in contracting out services; approximately 57% of the county budget goes to contracted services.
- Several performance reviews show that HCBMR/DD is the most efficient county board of MR/DD in Ohio.

Given the precarious nature of the economy at this time, and the unsettled valuations of real estate values in Hamilton County, the county commissioners have not yet approved a specific millage.

Ms. Phipps further indicated that it appeared there would be two other levies on the November ballot: the Museum Center and Drake Hospital. She also informed the audience that the Board authorized the establishment of an organization called People for MR/DD Services to raise funds to communicate to the general public the spectrum of services of the MR/DD Board.

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Community Services Supporting
Individuals with Developmental
Disabilities in the Home, Community,
and in Everyday Choices



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