

GUTS

February 15, 2017



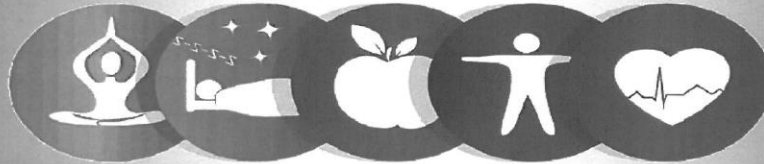
SPECIAL OLYMPICS

Our Cougars played their last regular season game this past Tuesday the 14th against Columbus. The game was a slow start with neither team scoring a basket in the first 3 minutes of the game. Our Cougars would be the first to score and would continue to dominate on defense. We held our opponents to 7 points in the first half with a large lead of 18-7. We struggled to make baskets in the second half but continued to hold our ground on defense. Columbus began to rally behind the Cougars late in the 4th quarter and closed the score to within a basket. Under stress, the Cougars were able to stay strong on defense and forced Columbus to have two turnovers late in the final seconds of the game. Union County would go on to win 21-18. J. Hoffman, J. Vanscoy, J. Sinden, and J.T. Thompson scored points. S. Daniels would lead the game in assists with five. The Cougars are excited to continue their momentum into the post-season with their match against Delaware County in the State Basketball Tournament. We will play on February 26th at 9:00 am at Briggs High school in Columbus.

Special Olympics Ohio has a new physical and release form. It can be found on our website here:

<http://www.ucbdd.org/userfiles/91/my%20files/special%20olympics%20physical%20202017.pdf?id=3193>

UCBDD EMPLOYEE HEALTH ASSESSMENT &
Personalized Benefits Fair



Union County Service Center

940 London Avenue

March 6th, 2017

Sign up sheet for times of blood
draw - see Lori LaCella

Day of the Event

Fasting Participants: Participants are asked not to have anything besides water and/or black coffee, 9-12 hours before their appointment time. Participants are encouraged to take medication as directed. If someone can't fast they can still participate. Healthy Heart Screening Package Includes:

- * Finger stick Blood Test (Total Cholesterol, HDL cholesterol, LDL Cholesterol, Triglycerides & glucose)
- * Blood pressure
- * Pulse
- * Height
- * Weight
- * Body Mass Index
- * Waist Circumference
- * Review of Results

Benefits Fair

7-11

Medical Mutual
Wellness Committee Information
OPERS
STRS
Delta Dental
AFLAC
Life Insurance
Voya
Pathways Financial Credit Union
Colonial
Wright Patterson CU
Richwood Bank
YMCA Information

And MORE!

**Staff is to Attend an
All Staff Meeting at
11:00 A.M in the
same location.**

**Medical Mutual Website Access and
Tools Presentation
Every 15 Minutes**

In our wellness meeting Medical Mutual offered to come to our staff meetings to go over benefits. There are many benefits that are available that we may not be utilizing or are aware of. This will only take about 20 minutes and will be on February 27th for HLC and Admin staff in the HLC gym at 10:00 A.M. There will also be instructions for the website, phone app. and how to take the online assessment.

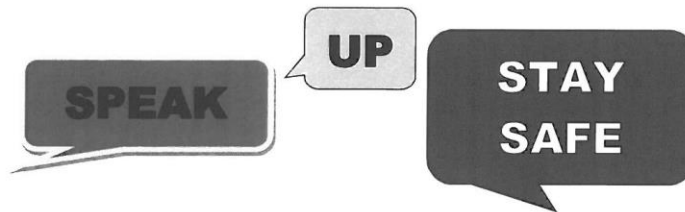
SAVE THE DATE

17!

April 17, 2017
Union County Services Building

All staff in the morning
Supervisors/Management – all day

More details to follow...



Speak Up ~ Stay Safe: Community Health and Safety Training

The community is a wonderful place! It is made up of new and interesting people, neighborhoods, jobs, homes, places to have fun and learn, and many ways to experience a good life. As people with disabilities become more included in their communities, they have access to greater resources and opportunities. Increased opportunities can also bring additional risks and challenges. These **free** trainings help inform and support people in learning how to be safe and healthy.

TWO TYPES OF TRAININGS OFFERED:

1. The first training is for parents/professionals/caregivers. It explains the purpose and content of the peer-to-peer training session, offers examples of some of the highlights of the material, and discusses how to continue supporting people in the future. Drinks and snacks are provided.
2. The second training is taught by people with disabilities for people with disabilities and is a more thorough and interactive session. Drinks, snacks, and lunch are provided. *Topics include:
 - Healthy relationships and boundaries
 - Sexuality and dating
 - Abuse, bullying, and harassment
 - Human trafficking
 - Alcohol, drugs, and weapons
 - Online safety

*This material was developed by people with disabilities, advocates, family members, allies, direct support professionals, and lawyers. Some of the material is blunt, graphic, and honest. Participants will discuss technical and slang terms, as well as content that might be sensitive. A mental health support professional will be at each peer-to-peer session to provide support, if needed. **People who are uninformed, silent, or powerless are more likely to be abused. The more people know, the more they are empowered to be safe and healthy.** If you have any additional questions, please contact Olivia Caldeira (caldeira.cde@gmail.com) at The Center for Disability Empowerment (614) 575-8055.

Sessions coming soon include: **Dayton** (Feb 7 and 21); **St. Clairsville** (March 2 and 13); **Athens** (March 9 and March 23); **Cleveland** (March 28 and April 11); **Akron** (March 30 and TBD); **Toledo** (April 4 and 25); **Findlay** (April 18); **Cincinnati** (May 2 and 16); **Delaware** (May 9 and 23); **Columbus** (May 18 and June 1); and **Portsmouth** (May 25 and June 6). Please check back regularly to see the most up-to-date information.

PLEASE CLICK ON THE LINK BELOW TO REGISTER FOR ONE OF THE SESSIONS:

<http://www.planetreg.com/SpeakUp-StaySafe>



The Center for Disability Empowerment
Providing Resources and Advocacy for Community Living in Central Ohio



Ohio | Department of
Developmental Disabilities



BIRTHDAYS

Abby Porter	February 1
Wanda VanVoorhis	February 3
Amy Newland	February 4
Lori Smith	February 6
Cathi Alexander	February 7
Allyson Graves	February 10
Gwen Sondles	February 10
Ilene Micha	February 12
Cherie Hayes	February 13
Carol Scheiderer	February 19
Andy Shiplet	February 19
Christina Cooper	February 21
Judy Burt	February 24

