

APRIL 2024

The PIC Informer

From the Desk of the Director

Happy Spring!

Our Management Team met in the middle of March 2024. It was a productive meeting where we discussed the everyday areas of improvement for our Agency. As you know, everything takes time but we are actively working on how to make improvements on the day-to-day ops including: **1-Quality of Care; 2-Communication & Cooperation; 3-Honesty for all relationships and interactions; 4-Care for ourselves and for those around us.**

How are you doing in those departments? Could you Self-Evaluate your work performance as flawless? No matter how good you are at your job, we probably all need reminders and areas of weakness that we may need to make improvements on.

PIC Supervisors recommended a self-evaluation and a new evaluation to support a more positive annual performance review. They also suggested recognition of employees more routinely. We did get quite a few nominations and we will be featuring them quarterly in our newsletter.

A couple of other areas that PIC needs to approve upon as a team is Communication and Knowledge of our Expertise. Always COMMUNICATION. We will keep working at it. Please try to keep up with E-mails, Facebook and open your mail! Also remember that text messages can let us down sometimes so don't be afraid to follow up if you are anticipating a response.

As far as keeping up with the DODD education, we will communicate opportunities when they are available to us and vice-versa. If you have suggestions or ideas on training, please share!



Tatyana McFadden noticed that the stands seemed incredibly empty when she won the bronze and silver medals in track and field during the 2004 Paralympic Games. She was just 15 years old and wondered whether the achievement mattered if no one wanted to watch her race. "I think the biggest problem was that the public didn't understand how cool wheelchair racing is," says Tatyana, now a 17-time Paralympic medalist and widely considered one of the fastest women in the world.

She worked to change the public's perception by pushing to get wheelchair racing in the limelight and the equal treatment it deserves. In 2005, she filed a lawsuit against the Howard County Public School System in Maryland because she wasn't allowed to race alongside runners at her high school track events. She won the case and gained that right, ensuring her younger sister Hannah, who was also a wheelchair racer, wouldn't feel like an outsider at school.

In 2009, Tatyana was again disheartened by what she felt was unequal treatment between wheelchair racer and runners at events she competed in—the two types of athletes got separate press conferences, and the media only really showed up for the runners. Whenever Tatyana had the opportunity to meet with race organizers, she'd explain how important it is for all athletes to share the spotlight equally. In 2016, the NYC Marathon began celebrating wheelchair racers and runners at the same press conference. "I love seeing the change, and it amazes me excited to in the game longer," she says. *-MM Real Simple.*

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Chi-Chi's Copycat Chimichangas

Ingredients

- 2 tablespoons unsalted butter
- 4 tablespoons vegetable oil
- 1 white onion, chopped
- 3 cloves garlic, chopped
- 1 jalapeno pepper, diced (remove seeds for less heat)
- 1 ½ teaspoons chili powder
- ½ ground cumin
- ¼ teaspoon ground cinnamon
- Kosher salt
- 1 small tomato, chopped, plus more for topping
- 2 tablespoons chopped fresh cilantro
- 2 ½ cups shredded rotisserie chicken
- ¼ cup sour cream
- 1 15 oz can refried beans
- 4 10 inch flour tortillas
- 1 cup shredded Monterey Jack cheese, plus more for topping
- Mexi-sauce, for topping (recipe follows)
- Shredded lettuce, for topping
- Mexican rice, for serving

Mexi-sauce:

- ½ cup chopped onion
- 2 chopped garlic cloves
- 2 4 oz cans chopped green chiles (drained and rinsed)
- 1 cup chicken broth
- ¼ cup chopped cilantro

Directions 1. Preheat the oven to 450 degrees F. Melt the butter with 2 tablespoons vegetable oil in a skillet; transfer to a bowl. Heat the remaining 2 tablespoons oil in the skillet. Add the onion, garlic and jalapeno and cook until soft about 3 mins.

Add the chili powder, cumin, cinnamon and 1 teaspoon salt; toast 30 seconds. Add the tomato and cilantro and cook until slightly dry, about 2 minutes. Stir in the chicken and sour cream and warm through. Remove from the heat.

2. Brush a rimmed baking sheet with some of the butter-oil mixture. Spread 2 tablespoons refried beans down the center of each tortilla, leaving a 2-inch border on both ends. Top with 1 cup chicken mixture and ¼ cup cheese. Fold in the ends and roll up.

3. Put the chimichangas seam-side down on the baking sheet; brush with the butter-oil mixture. Bake 8 to 10 minutes per side, brushing again after you flip. Top with the sauce, more cheese, lettuce and tomato. Serve with rice and the remaining beans.

Mexi-sauce: 4. Saute onions and garlic cloves in a skillet with vegetable oil. Add a pinch each of chili powder, cumin, sugar and salt; cook 30 seconds. Stir in green chiles; cook 2 minutes. Add chicken broth and simmer until thickened, then puree. Stir in cilantro.



CAKE

Swap all but cake mix for bottle of soda. Stir 12 oz of a carbonated beverage into your prepackaged cake flour, plopping the mixture into a pan and bake it in the oven as directed on the box.

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Exercise May Boost Cognition In Adults With Down Syndrome



Taking regular walks may do much more than improve physical health for adults with Down syndrome.

New research finds that walking three times a week for 30 minutes could prompt meaningful improvements in cognitive activity within weeks.

For the study, 83 people with Down syndrome living in 10 different countries were divided into four groups. Some of the participants were told to walk three times a week for 30 minutes while others were asked to do a series of cognitive and executive function exercises. A third group did both the physical and cognitive activities while a fourth group did neither. All of the adults in the study were provided a Fitbit to record their activity level and they completed physical and cognitive assessments at the start and end of the study.

After eight weeks, researchers found that individuals in the group that participated in the walking exercise as well as those in the group that completed both the physical and brain health activities increased the distance they could go in a six-minute walk test by about 10%. They also showed significantly fewer errors and increases in correct responses on a cognitive activity.

The study published in the International Journal of Environmental Research and Public Health also found marked improvement among those in groups that did either exercise, cognitive training or both on a separate test that measured the speed and accuracy of decision-making.

“These findings are potentially huge for the Down syndrome community particularly as walking is a free activity in which most people can engage,” said Dan Gordon, an associate professor in cardiorespiratory exercise physiology at Anglia Ruskin University in the United Kingdom and a senior author of the study. “Improved cognitive function can lead to increased societal integration and quality of life, which is important given this is the first generation of those with Down syndrome who will generally outlive their parents.” -

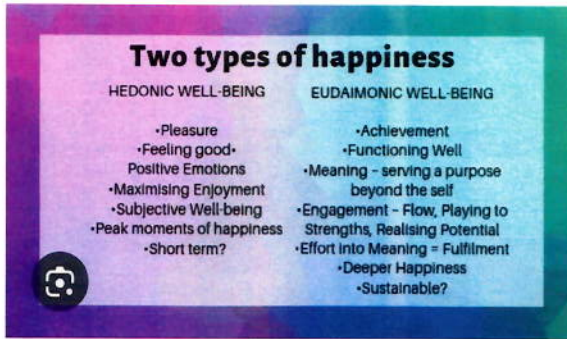
Disability Scoop



For this month's podcast, DODD wanted to elevate voices in the disability community and asked attendees what advocacy means to them and what they wanted the world to know. We heard incredible responses from people all around the state. Listen here: <https://dodd.ohio.gov/communication/Podcasts>

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One Minute Mantras

Improve your outlook in an instant with the perspective-changing words mental health experts tell their clients (and themselves).

"Courage is the Choice to Leap" - Being afraid but choosing to leap anyway

"Give it Five Minutes" - Doing something is almost always better than doing nothing.

"I'm Always Free to Choose" - Extend yourself patient, loving kindness and remind yourself, in every moment, I'm liberated to choose."

"I can't Control Everything" - Practice to shut-down unhealthy self-criticism

"I Deserve Three Core Things" - We deserve to nourish, grow, to live with intention

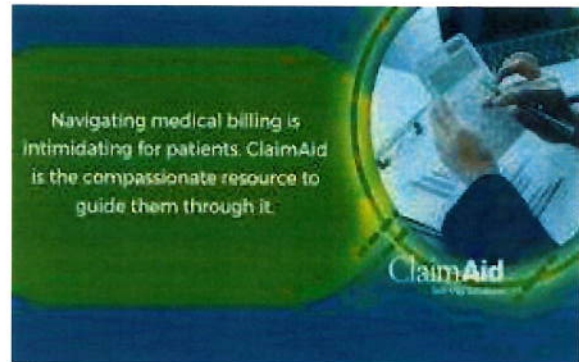
"Be Kind, Not Harsh" - Remember we are all on each other's side

"Slow Down for the Good Stuff" - Gradually hardware happiness and other inner strengths into you nervous system

"I Love My Whole, Embarrassing Self" - Unshakeable Confidence is a result of the realization that you don't need the approval of another person to make your life whole

"It's OK" - If a Negative emotion or critical thought overwhelms, I imagine a big storage container with a lead weight on it. I'll come back to it later, when I'm ready.

"I Must Protect My Spirit" - Forgive yourself; Give yourself grace.



ClaimAid is an expert in Eligibility Enrollment, Self-Pay Solutions, and Claims Resolution. Our advocates find solutions you didn't know existed, always act in the patient's interest, and give employees their time back in a way your hospital has never experienced. If you are looking for financial assistance with your medical bills, make contact with your local hospital financial assistance department.



EMPLOYEE SPOTLIGHT

TERESA RODRIGUEZ

Teresa manages the day-to-day operations at three locations. She takes on a leadership role at all three locations as a positive team member and trainer. She tends to all of the little things that make a huge impact in people's lives. She is versatile and has yet to say "no" to trying something new.

Her co-workers were amazed at all of the hats that she wears and she is only one person. One of the Individuals referred to her as "a Genius" because of her creative efforts.

Congrats Teresa!

"If anything is worth doing, do it with all of your heart" -Buddha

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