OCTOBER 2026

The PIC Informer



From the Desk of the Director

Thank you for taking the time to attend our PIC Annual training and for your continued dedication to the important work you do every day. Your commitment, compassion, and willingness to learn make a meaningful difference in the lives of the individuals we support. Your work does not go unnoticed, and we truly appreciate everything you do.

As we continue working together, let us remember the importance of treating one another with kindness, patience, and respect. We all have different personalities, perspectives, and ways of doing things, but we share a common goal: providing the best possible support to the individuals in our care.

Please remember to think before you speak. Words can have a lasting impact, and taking a moment to consider how our words may affect others can make a big difference. We all have difficult days, but how we communicate with each other matters.

Teamwork makes the difference! No one person can do it all alone. A strong team is built on trust, communication, cooperation, and a willingness to help one another. When we support our coworkers, share responsibilities, and work toward the same goals, we create a more positive work environment and provide better care for the individuals we serve.

Let's continue to lead by example, celebrate one another's strengths, learn from our challenges, and remember that **we are stronger together.**

Thank you again for your hard work, your dedication, and the heart you bring to your role as a Direct Support Professional. What you do matters, and together, we can continue to make a difference!

Velda *Eric* *Hallie*



CONGRATS LINDA MATTHEWS ON YOUR RETIREMENT!!

After 26 years of dedicated service as a Direct Support Professional, you have certainly earned this special milestone! Your compassion, commitment, and dedication to supporting individuals with developmental disabilities have made a lasting difference in the lives of the people you have served.

Thank you for the many years you have devoted to our agency and for the kindness and care you have shared along the way. Your hard work and contributions have been truly valued, and you will always be an important part of PIC's history.

As you begin this exciting new chapter, may your days be filled with happiness, relaxation, new adventures, and time to enjoy all the things you love.

Wishing you a wonderful retirement and thanking you for 26 amazing years of service! You will be greatly missed!

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No-Bake Biscoff Cheesecake Recipe



Ingredients

Crust
1½ cups biscoff cookie crumbs
1/3 cup butter (melted)

Cheesecake
2 (8oz) cream cheese
2 tablespoons granulated sugar
3/4 cup biscoff spread ((Cookie Butter))
1 cup heavy cream

Topping
1/2 cup cookie butter
additional cookies

Crust
Place the Biscoff cookies in a blender or food processor and blend until they turn into fine crumbs. Measure out 1 1/2 cups of the crumbs.

In a bowl, mix the cookie crumbs with the melted butter until well combined.

Pour the crumb mixture into an 8-inch springform pan*. Press it down firmly and evenly to cover the entire bottom of the pan. Use the back of a spoon or your fingers to make it smooth and compact.



Filling
In a mixing bowl, combine the cream cheese and sugar. Beat with an electric mixer on medium speed for 1 to 2 minutes, until the mixture is smooth and fluffy. Add the cookie butter to the cream cheese mixture and continue to beat for another 1 to 2 minutes until well combined. Be sure to scrape down the sides of the bowl with a spatula.

Pour in the heavy cream. Beat the mixture on medium speed for 2 to 3 minutes, until it becomes semi-fluffy and well combined.

Spread the cheesecake filling over the prepared crust in the springform pan. Use a spatula to smooth it into an even layer.

Cover the pan with plastic wrap or aluminum foil and place it in the refrigerator. Chill for at least 6 hours, or preferably overnight, to allow the cheesecake to set.

Topping
Once the cheesecake has set, melt the remaining 1/2 cup of cookie butter in the microwave. Heat it in short bursts, stirring in between, until it becomes runny.

Drizzle the melted cookie butter over the top of the cheesecake and spread it evenly.

Return the cheesecake to the refrigerator for a few minutes to let the topping set.

Once the topping is set, remove the cheesecake from the refrigerator. Carefully release it from the springform pan.

Slice and serve your delicious no-bake Biscoff cheesecake. Enjoy!

Change is the law of life. And those who look only to the past or present are certain to miss the future. - ***John F. Kennedy***

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Facing Your Fears



Can you retrain your brain to overcome a phobia?

Some phobia triggers are much easier to avoid than others. For example, people who suffer from a fear of bats (chiroptophobia) are highly unlikely to be plagued by these creatures day in, day out. Someone suffering from a social phobia, however, will struggle to lead a normal life.

There are a variety of different methods used to treat phobias. SAMong the most popular are talking treatments, such as cognitive behavioral therapy and exposure therapy, which work by training the brain to change how it responds to a phobia trigger. Ther approach is essentially the opposite of fear conditioning – the patient learns to associate their trigger with ore rational, positive thoughts.

Another approach being investigated is tricking the brain into treating itself. Mentalist and illusionist Derren Brown conducted an experiment on his TV show Fear and Faith. In which he gave people with different phobias a new wonder drug called Rumyodin. One subject, usually terrified of heights, was comfortably able to sit on the edge of a tall bridge. Another volunteer with a fear of performing in public was able to go to an audition. It was revealed that Rumyodin (an anagram of "your mind") didn't exist, and the participants had simply been injected with saline solution and given sugar pulls.

The incredible results are a demonstration of the placebo effect, a phenomenon in which a fake treatment has a very real result. Scientists are investigating how this effect can be exploited to treat both physical and psychological problems.-
Understanding Your Emotions



Top 10 Strangest Phobias

Papaphobia – An irrational phobia of the Pope
Soceraphobia – An irrational fear of your parents-in-law
Lutraphobia - An irrational fear of otters
Arachibutyrophobia – The fear of having peanut butter stuck to the roof of your mouth
Omphalophobia – The fear of belly buttons
Phobophobia – The fear of developing a phobia
Somniphobia – The fear of falling asleep
Xanthophobia – The fear of the color or word yellow
Heliophobia – Fear of the Sun, sunlight, or bright lights
Trypophobia – An intense fear of small holes or bumps



Music, Nostalgia and Alzheimer's

Music is a fast-track to nostalgia, spinning us back to the time when we first heard a particular song or symphony. This is believed to be due to the fact that listening to music stimulates several areas of the brain, lighting up centers for memory, movement and emotion too. It also activates the visual cortex, which could account for why listening to an old favorite brings back memories of the friends, places and occasions where you heard it first. Music that people loved earlier in their lives has been shown to alleviate some symptoms of Alzheimer's, such as anxiety and difficult behaviors. Lyrics of songs are often remembered even when other memories have faded. Perhaps most significantly, even in the late stages of the disease, favorite songs can help a person to relax.

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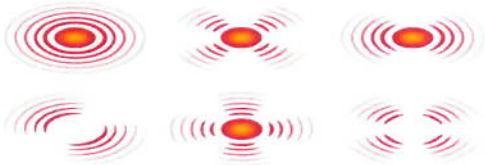
True or NAH?



Vibration therapy uses rapid oscillations (either whole-body or localized) to stimulate muscle spindles, enhance circulation, and trigger involuntary muscle contractions.

See whether popular notions are actually right.

They say: Vibration therapy was created by fitness influencers.

NAH: TikTokers and Instagrammers are all over social media using whole-body vibration plates-basically platforms that vibrate rapidly while you stand, squat, or exercise on them to force muscles to contract reflexively many times per second so as to maintain stability. The concept is nothing new: Vibration training has been studied since the 1960s, when Soviet space-program scientists wondered whether vibration could help counter bone and muscle loss in returning cosmonauts.

They say: Using a vibration plate is great for exercise recovery.

True: Similarly to the way massage guns can help soothe achy muscles though high-frequency vibrations, spending time on a vibration plate may help ease post-exercise muscle soreness, possibly through an increase in blood flow, therapy shuttling more oxygen to muscles.

They say: Weight loss is easier with the use of a vibration plate.

NAH: Standing on a vibration plate doesn't allow you to burn enough calories to torch fat – this doesn't make your heart rate rise as it does when you do cardio or lift weights (and the shaking doesn't actually break up fat). As for the countering of bone loss that was once hoped for, science hasn't backed that up: One study showed that a year of vibration therapy did not improve bone density. – *Good Housekeeping*

Welcome Back Susan Bath!



My career began after my graduation from BGSU in 1988. My first job was through the Erie County Family Courts. I was a resident worker in group homes for teens who were involved with the juvenile court system. From there I transitioned to Erie County Job and Family Services as a children's services worker, where I worked closely with courts, foster parents and biological families who were working toward reunification with their children.

When I left Erie County, I worked for a private foster care agency doing licensing and training new foster families as well as case management of the children that were placed in the homes. I moved on from that job and began working at Lorain County Job and Family Services as a children's services worker. Again, working with the court system, foster parents and biological families working toward reunification.

After leaving Lorain County, I went to work for Firelands Counseling and Recovery Services as a mental health case manager. My caseload consisted of those individuals that were dual diagnosed MH/DD. This job introduced me to PIC. When I left Firelands, I briefly worked for PIC until I took my position with the Volunteers of America as Director of Mental Health Housing, a position I held for 17 years. I managed group homes for adults with severe and persistent mental illness who were unable to live independently. Also, during this time, I worked on and off for PIC on a part time as needed basis. In August of this year Volunteers of America terminated my program and eliminated my position.

I reached out to Velda to enquire about the possibility of returning to work for PIC and was welcomed back as a House Manager for three homes. I am excited to be back and looking forward to working with everyone.

On a personal note, I have a daughter and two adorable grandsons who I enjoy spending a lot of time with. I also have a labrador named Roxanne and a fat orange cat named Arlene, both of which are rescues.

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