The PIC Informer

August 2017

 **From the Desk of the Director**

Say Hi To Dan

Maurice comes in to the office 5 days a week and asks, “Can I say Hi to Dan”. For the last 4 months or so he has walked into Dan’s office and came out saying “Dan not here?”.Dan is not in his office but he is still here. The philosophy of this agency and the commitment is still here. Everyone automatically without hesitation took on the extra work, the extra hours to make sure all commitments were met and completed with the same philosophy as the past years have been. Thanks Dan for that. Thanks from Julie for the bike rides, thanks from Jack and Mo for the opportunity to live in the community, thanks from Michael for being his good buddy, thanks from Robert for being the Skipper, thanks from Mary Lou, Thanks for the one more try, thanks for the life preserver that was sent out to so many.

The belief of this agency is that earnings should go to the direct care providers and making sure the individuals have what they needed and not for the offices or the high tech equipment. I am pretty sure we were the last agency in the country to give up pagers and dial up internet. Just saying. Pay phones were not always available!

Now my fellow partners in this community, it should never be implied that all has been a peaceful path of growth. We have always been innovative and Dan likes to challenge systems and find the puzzles pieces that just did not fit. There are many strong wills that work here. Still there is the commitment and belief that no matter what…person with a disability should be able to determine what their LIFE should be like…These are not just words that we use. They are the guiding principles of the agency.



There have been moments of slammed doors, verbal expressions of the loud nature, mumbling under the breath of opinions and of course language not approved for the public use. All 100 plus of us have experienced anger, feelings of discontent, and the belief we were under appreciated and under paid. But we pushed through it all and accepted our responsibility to provide supports with our best ability. We all have different strengths and different weaknesses and different personalities. Dan would say my weakness is my singing but we will discuss that at another time…The fact that we push on and work with our strengths and challenge our weaknesses makes us Partners In Community, it is more than a name it is what we do.

RIGHT DAN?

*Velda*

**Dan was recently moved into Hospice in Sandusky for pain management and treatment. Please keep Dan in your thoughts and prayers. He is still responding to his e-mail at** **dvpartner@hotmail.com** **and/or share your “hellos” with him on our facebook page.**



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Nutrition

**High-fibre diet may protect against peanut allergy**

Bran lovers rejoice. Fibre-rich diets have been shown to protect against peanut allergy in mice, by increasing gut bacteria that bolster the immune system. If the same holds true for humans, our diets could prevent or even reverse allergies to peanuts.

The dramatic rise in food allergies in Western countries over the past 20 years has coincided with an increase in processed, low-fibre diets, leading to speculation that there may be a link between the two.

Studies in Australia, has backed this theory. Research has demonstrated that mice bred to have a peanut allergy are less likely to have anaphylactic reactions to peanuts if they are given a high-fibre diet than if they are on a zero-fibre diet.

When fibre is broken down by bacteria in the intestine, it produces metabolites called short-chain fatty acids. These bind to immune cells, so they may be behind the protective effect of the diet. This theory is bolstered by the fact that previous work in mice has shown that high-fibre diets increase the types of gut bacteria that produce short-chain fatty acids from fibre.

*Source – New Scientist Magazine*



*“I pay no attention whatever to…praise Or blame. I simply follow my own feelings”.* –Mozart



**Chocolate Peanut Butter Ice Cream Sandwiches**



* 2 tablespoons creamy peanut butter
* 8 chocolate wafer cookies
* 2/3 cup no-sugar-added vanilla ice cream, softened

**Directions**

Spread peanut butter evenly over flat sides of all cookies

Spoon ice cream over peanut butter on 4 cookies. Top with remaining 4 cookies, peanut butter sides down. Press down lightly to force ice cream to edges of sandwiches.

Wrap each sandwich tightly in foil. Freeze at least 2 hours or up to 5 days. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**PIC DAY PROGRAM…**

*We are looking for instruction on new art or craft activities. We realize Pinterest is a fantastic resource but if you have a special craft and would like to share it with the day group, please contact Hallie at 419-656-3748 or* *halliepartner@hotmail.com**.*

*The day program group enjoy seeing new faces and visitors. Feel free to stop in and visit at 110 West Madison St. in Sandusky.*

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**Over the past 50 years, psychology…**has moved from being an academic discipline of interest only to a relative few to one producing a steady stream of information guiding the everyday lives of many. Below are a few of those ideas that have changed our culture.

**Learned Helplessness** – The understanding of depression takes a giant le*a*p forward when psychologist Martin Seligman “stumbles upon” the discovery that animals exposed to a shock from which they can’t escape don’t even bother trying when they are later free to do so and even likely to succeed. Unable to control their environment, the animals learn that any actions they take make no difference – and that exactly parallels the symptoms exhibited by depressed individuals. Cognitive therapy addresses much of the self-related pessimism that is characteristic of learned helplessness.

**The social disease called shyness** – Fresh off the Stanford prison experiment, psychologist Philip Zimbardo discovers that shyness is another, very different, kind of prison, one that hold captive up to 40% of Americans, by their own admission. While the shy engage in excessive self-monitoring and social evaluation, theirs is more a social problem than a personal one, Zimbardo finds, because what they “torture themselves” with are the values of a culture that overemphasizes competition, assertiveness, and individual success. Still, most shy individuals find their situation painful and would prefer release.

*Published in: July/August/Psychology Today*

In Other News…

The Ohio Department of Developmental Disabilities hereby gives notice of its intent to rescind and adopt the rules 5123: 2-6-01, 2-6-02, 2-6-03, 2-6-04, 2-6-05, 2-6-06, 2-6-07 of the Administrative Code on a permanent basis on or about October 23, 2017, and to conduct a public hearing thereon.  The public hearing will be conducted on **September 12, 2017** at **10:00 a.m.** in the Lobby Hearing Room of the Rhodes State Office Tower, 30 East Broad Street, Columbus, Ohio 43215.

At this public hearing, the Department will accept verbal and/or written testimony on the proposed rule actions.  Persons unable to attend the public hearing may submit written comments on the proposed rule actions.  Any written comments received on or before the public hearing date will be treated as testimony and made available for public review.  Submittal of written comments may be made to Becky Phillips, Administrative Rules Coordinator, by email to becky.phillips@dodd.ohio.gov or by U.S. mail to 30 East Broad Street, 12th Floor, Columbus, Ohio 43215-3414.

**HR CORNER**

ATTENTION PARTNERS IN COMMUINITY PERSONNEL:

***Feel free to view your benefits on-line. You can access your personal account information on anthem.com. Register and Log-in to find out what benefits you have or call your member services number.***





Spotlight

Congratulations Julie C on Your Track And Field special olympics Season!

**ANNOUNCEMENTS:**

**ATTN: Delaware & Marion County!!**

Southern Region Mandatory Agency training scheduled on:

 **August 23rd, 2017 – 10A-2P**

At the Delaware County Board of DD

Do not forget about viewing our webpage at [www.partnersin](http://www.partnersin)community.com and follow us on Facebook. Please share pictures and/or comments about your experiences and adventures with us on our Facebook page (with permission).

**Open Shifts:**

Sandusky – FT Residential

Sandusky – Day Program PRN

Sandusky – PT Bus Driver

Port Clinton – PT

Sunbury – FT Overnights

Marion – PT

**CONGRATULATIONS NEW HIRES**

 **Donald Davies**

 **DaVesha Turner**

 **Mindy Kracht**

 **Lauri Knight**

 **Leeann Kinder**

 **Angela Obermiller**

 **Zana Rice**

 **Joni Fox**

 **Kassandra Bush**

 **Evan Cendrowski**

 

**PROFILE OF THE QUARTER**

**Name**: Gretchen Horner

**Education**: Graduated from Perkins High School; Attending Ohio Business College with a career focus as a Medical Administrative Assistant – December 2017 Associates Degree Graduate

**Employment Status with PIC**: Since March 2016

**1st Job**: Associate + Team Leader at Cedar Point

**Favorite Music/Band**: Falling in Reverse + Celine Dion

**Favorite Food:** Popcorn and Soup (Loves Panera Bread and Subway)

**Favorite Movie**: Titanic

**Favorite TV Show**: America’s Got Talent + Law & Order SVU

**Hobbies:** Walking by the water, Going to the Beach, Scrapbooking, Going to Cedar Point

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AUGUST 2017

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