



FROM THE DESK OF THE EXECUTIVE DIRECTOR

I recently had the opportunity to attend the International Conference on Self Determination held in Winston-Salem, North Carolina. States are re-thinking many decisions about their Medicaid programs; there is a growing demand for long-term supports with all types of disabilities, and waning resources in our current fiscal crisis. **Yet** many states continue to implement self directed waivers in an effort to move toward a system that embraces the principles of self determination.

It was a time for rejuvenation and re-thinking of how to implement the principles of self -determination in Ohio. I was reminded that we should be creating and maintaining a system in which individuals with developmental disabilities can imagine a future with the same aspirations as everyone else...

- Everybody has a place to call home and they control who comes in the front door
- Everybody has enduring relationships and community connections that enrich their lives
- Everybody has the opportunity to generate private income
- All children receive a useful and complete education
- Everybody uses money more efficiently and in a valued way

It is time for all people coming to the policy table to internalize the values of self-determination so that public policy will facilitate self determination for all Ohio citizens. I challenge you in your day to day work to stay true to the principles and demand the same of all.

No one can build a new system alone or overnight, but as Margaret Mead said;

“Never doubt that a small group of thoughtful, committed people can change the world. Indeed, it is the only thing that ever has.”

UPCOMING COG TRAININGS

SSA Basics Training

June 23, 2009

Tiffin Developmental Center

9:30 a.m. – 4:00 p.m.

Watch for SSA Basics Training, Part 2 coming up later this summer!

PATHS Trainings

Check out the *PATHS Trainings* article on Pages 2 and 3, and the attached flyer for dates and information about this exciting new opportunity.

In This Issue ...

From the Desk of the Executive Director . . .	1
Welcome Wyandot County	2
PATHS Training	2, 3
Cost Projection Tool	3
Heat Related Illness	3, 4
Community Events	4, 5, 6
COG Training Overview	6, 7
Next Chapter Book Club	7
Welcome Ruth Watson	7
MUI Trends & Analysis	8, 9
In the Spotlight	9
Nurse’s Corner	9, 10
New Visions Art Exhibit	10

CLEARWATER COG WELCOMES WYANDOT COUNTY



Effective April 1, 2009, Wyandot County Board of MR/DD joined the Clearwater COG as a full member. Wyandot County Board of MR/DD is a small county with about fifty waivers.

Todd Dilley has been the Superintendent for Wyandot County Board of MR/DD for almost seven years. Before coming to Wyandot County, Todd worked as a Case Manager and Director of Case Management for the Licking County Board of MR/DD.

To help with this transition, Nyoka Craddolph the Director of Service and Support Administration for the Seneca County Board of MR/DD will be working one day a week at Wyandot County. Nyoka will be assisting the Service and Support Administrators at the Wyandot County Board of MR/DD in the adjustment to the COG processes and to prepare for the upcoming accreditation.

PROFESSIONAL ADVANCEMENT THROUGH TRAINING EDUCATION IN HUMAN SERVICES



Clearwater COG is excited to start the eighth and newest **PATHS** Region in Ohio—North Central Region—for the training and credentialing of Direct Support Professionals. This training is intended for County Board Direct Support Staff, Day Services Direct Support Staff, Residential Provider Agencies and Independent Providers.

What is PATHS?

The PATHS credentialing program is an education and training program designed for Direct Support Professionals working with individuals with intellectual disabilities. It is based on the best national models, such as the Community Support Skills Standards and the National Alliance of Direct Support Professionals' Code of Ethics. The program offers sequential credentials that teach, reinforce and build upon the essential skills of a highly qualified Direct Support Professional. PATHS' courses are not simply built around instruction that is followed by a series of tests designed to measure what students know. Instead, students complete an extensive

portfolio that documents their skills — a collection of samples of what they know and are able to do.

Our first Regional Council Meeting was held April 23.

Julie Cupp held an Instructor Training on May 11th.

Upcoming Schedules

Courses are scheduled for the following days:

Two modules to be completed a day for 10 weeks.

The class schedule will be three weeks on and one week off.

Registration deadline for candidates is Friday June 19th at 4:00 p.m.

Classes will be held on: June 30th; July 7th, 14th, and 28th; August 4th, 11th, and 25th; September 1st, 8th and 22nd.

There is still room for people interested in the following opportunities to participate:

- Become a Certified PATHS Instructor
 - Complete a 1 day Instructor Training Class
 - Teach training modules as agreed
 - Work with regional council and Skill Mentors
 - Participate in trainings or meetings at the request of council
 - Participate in evaluation activities

- Become a PATHS Skill Mentor
 - Have at least one year experience in the field
 - Attend meetings and trainings as requested
 - Support and assist the candidate
 - Provide 1:1 mentoring, guidance, and direction for a total of 10 hours total throughout the 60 hour course
 - Authenticate the candidate's portfolio and ensure it meets the standards
 - Receive an evaluation from the candidate

Encourage your staff to fulfill one of the above listed functions

- Encourage an individual you serve and/or a family member of someone you serve to become a member of the North Central PATHS Regional Council

- Send your staff to the Certificate of Initial Proficiency (CIP) Course

The PATHS Course is ODMRDD approved for two 30-hour seminars, which will fulfill requirements

for Adult Services certification for Intro to MRDD; Principles of Work; or Principles of Habilitation

- **CIP:** Certificate of Initial Proficiency
 - 60 hours (*3 hours each for 20 modules*)
 - College credits at no extra cost
 - **CAP:** Certificate of Advanced Proficiency
 - 116 hours of classroom instruction (*10 CAP modules totaling 95 hours and 21 hours of outside class work*)
- Donate space to hold the PATHS Classes and/or the PATHS Regional Council Meetings
 - Donate in-kind copying of class materials and/or other clerical support for the Clearwater PATHS Regional Council
 - Become a PATHS Licensed Entity by purchasing the PATHS Training System Kit

For more information please visit the PATHS website www.ohiopaths.org or contact Julie Cupp at Julie.Cupp@ocbmr.org or phone (567)262-3151. We are looking forward to hearing from all those interested or even those that just have questions.



Visit us on web at:
WWW.CLEARWATERCOG.ORG

COST PROJECTION TOOL

The state is working on developing a new Cost Projection Tool (CPT) that will be available on the state web portal.

This Cost Projection Tool will replace the 20/20, NEON tool and Infall Appendix A. Information that is input into the new cost projection tool will automatically update the Daily Rate Application (DRA).

The state is projecting that the CPT will be available for a pilot to a couple of counties in October 2009. The state is then projecting that the CPT will be required for all counties starting in 2010 with the plans being phased into the CPT throughout 2010 when the individual's redeterminations come up.

HEAT RELATED ILLNESS

As warmer weather is approaching us, it is important to plan ahead and take the necessary precautions that will help to prevent heat related illnesses. Knowing what heat related illnesses are and knowing how to prevent them is crucial during the warmer weather months.

Types of Heat Related Illnesses

Heat cramps are generally caused by the onset of dehydration. Symptoms include muscle cramps in the lower extremities and sweating. Heat cramps are non-life threatening and can be treated by giving the person non-caffeinated beverages, encouraging rest and moving them to a cooler environment.

Heat exhaustion is also caused by a lack of fluids during physical activity and usually occurs when outside temperatures are very hot. Symptoms of heat exhaustion include nausea, weakness, fainting, clammy skin, and low blood pressure. This illness can be life-threatening and medical attention is usually necessary. Heat exhaustion can be treated by moving the person to a cooler environment and having them lie down, offering non-caffeinated beverages, and cooling the body with wet towels.

Heat stroke is the most serious heat related illness and is certainly life-threatening. Heat stroke is caused by the failure of the heat regulating systems in the body when the environment is extremely hot and humid. Symptoms of a heat stroke include flushed skin, lack of sweating, high body temperature, headache, rapid pulse, confusion, seizures or even unconsciousness. Emergency medical treatment should be sought immediately.

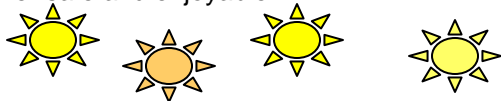
Some Summer Safety Tips

- Be sure sunscreen is applied before an outing and check often for necessary reapplication.
- Use insect repellent or lotion to prevent mosquito bites.
- Be mindful of bees and possible allergies to bees.
- Be aware of medications that increase sensitivity to the sun.
- Maintain hydration during outings and physical activities.
- Avoid overexertion.
- Schedule activities during cooler hours of the day.



- Eat regular, light meals.
- Closely monitor activities and those participating for any of the above symptoms of heat related illnesses.

Summer is a wonderful time of the year for outings and activities. Always plan ahead and be prepared to recognize the symptoms of heat related illnesses. Knowing what to do and how to respond to these types of illnesses is crucial and will help to make the summer safe and enjoyable.



Now that we know how to stay safe and healthy this summer — LET'S HAVE SOME FUN!!!

Here are some warm weather events you might enjoy:

CRAWFORD COUNTY

June

- 9 Family Fishing, Stainbrook Park
- 12-13 Hydetown Festival, Hydetown
- 14 Airport Fly-In and Drive-In
- 20 Jazz and Blues Festival
- 26-29 Annual Thurston Classic
- 27 Tool City Underground Live at Blue Planet



July

- 4 Independence Day Fireworks Display
- 10-19 Academy Theatre "South Pacific"
- 25-28 Firemen's Carnival
- 11 Great Lakes Medieval Fair begins – runs through 8/16

August

- 4-10 Oil Festival, Titusville
- 15 5th Annual Rural Heritage Day
- 20-22 Bratwurst Festival
- 22-29 64th Annual Crawford County Fair



September

- 5, 26 Money Mayhem: You Bet Your Life
- 12 Family Fun Day, Meadville Credit Union
- 13 Chatfield Firemen Chicken BBQ
- Canterbury Feast: Medieval Musical Comedy
- 5, 6, 7 Labor Day Weekend - Classic Iron Car Show

Local Attractions

- Oil Creek/Titusville Railroad Seccaium Park
- Whirlwind Gardens, Chatfield
- Auburn Lake Park
- Iron Spring Farm Corn Maze
- Lowe-Volk Nature Center
- Unger Farm & Park

ERIE COUNTY

June

- 1-30 Marblehead Lighthouse Tours
- 6 Ohio Bike Week
- 13 15th Annual Art & Crafts Show
- 14 34th Annual Jose DeRivera Celebration
- 19-21 Festival of the Fish
- 27-28 Mulberry Creek Herb Fair



July

- 4 Underground Railroad Trolley Tour
- Fourth of July fireworks
- 10 – 12 Civil War Encampment
- 17-19 Cold Creek Festival – Castalia

August

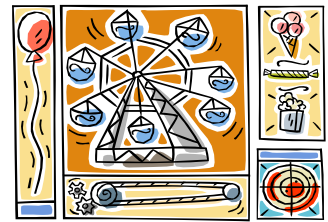
- 11-16 Erie County Fair

September

- 11 – 12 Cruisin' By-- Classic Car Show
- 12 Butterfly Festival
- 20 Woolly Bear Caterpillar Festival, Vermillion

Local Attractions

- Cedar Point Amusement Park
- Merry Go Round Museum
- Ghostly manor Thrill Center
- Cast-a-Way Bay Water Park
- Cedar Downs/Cedar Lanes
- Family Fun Centers
- Great Wolf Lodge
- Sandusky State Theatre



HURON COUNTY

June

- 12-14 Kayak Festival
- 12-14 Bad Axe Cruise Night/Car Show
- 13 Norwalk Antique Festival and Car Show
- 20 Great Ohio Bicycle Adventure
- 26-27 Caseville Country Rib Stock
- 27 Mulberry Creek Herb Farm Festival
- 27 Annual Historic Summer fare



July

- 4 Independence Day Festival and Flea Market
- Lions 4th of July Parade
- Celebrate Historic Norwalk Concert
- 19 17th Annual Nations and Fireworks Display
- 23 26th Annual Farmers Festival

August

- 22 Huron County Fair
- Farmer's Market & Music Fest

September

- 5-6 Art in the Park
- 5-6 Tomato Festival
- 12 Harvest Fest/Merchants Chili Cook-off
- 12 Treasure Park Weekend
- 18 Born to Be Wild Day



Local Attractions

- Milan Historical Museum
- Mad River Railroad Museum

MARION COUNTY

June

- Thurs Farmers Market, Mall Parking Lot
- 6 Cruise in for Dialysis
- 7 Annual Joyce Finch Memorial Cruise In
- 11 Party in the Park
- 6/29-7/4 Marion County Fair

July

- 4 Independence Day Celebrations
- 4 Ice Cream Social, President Harding Home
- 11-19 Summer Musical "Anything Goes"
- 17-18 Waldo Fireman's Festival

August



- 1 Battle of the Bands/Rib Cook-off @ OSU
- 16 St. Mary Feast of the Assumption

September

- 5 Prospect Farmer's Market
- 5 Saturday in the Park
- 10-12 29th Annual Popcorn Festival
- 11 Midwest Camping
- 13 Christian Artist - Lively Arts
- 20 Claridon Prairie Tour
- 26 Apple Festival, Lawrence Orchards



Local Attractions

- Harding Home & Memorial
- Buckeye Telephone Museum
- Marion Union Station
- Wyandot Popcorn Museum
- Heritage Hall
- The Huber Museum
- Marion Palace Theatre



MORROW COUNTY

June

- 13 Martial Arts Pak Classic Tournament
- 19-21 Grand AM Sports Car - Mid Ohio
- 20-21 Rod 'n' Tiques Car Show
- 26-28 Grand Prix Races-Mid Ohio



July

- 4 4th of July Celebration – Morrow County Fairgrounds
- 17-18 Sweet Corn Festival -- Mt.Gilead
- 24 Relay for Life
- 24-26 AMA Vintage Motorcycle



August

- 1 State Park Peddlers in the Park & Country
- 7-9 Antique Tractor Assoc. Farm Days at Fairgrounds
- 7-9 Mid-Ohio Indy Cars
- 19-23 Cardinal Classic Trap Shoot
- 31 Morrow County Fair

September

- 9/1-9/7 Morrow County Fair
- 5-6 St. Park Country Breakfast
- 19-20 Bunker Tournament -- Collegiate
- 24-26 Powwow Okoboji Indians at Cardinal Center

Local Attractions

- Mid-Ohio Sports Car Course
- Mt Gilead State Park
- Splatter Park
- World's Largest Gourd Show
- Camping



OTTAWA COUNTY

June

- 13 Marblehead Lighthouse Tour
- 26-29 Put-in-Bay Pirate Festival
- 22-25 Walleye Festival
- 28 Portage River Festival

July

- 4th of July Celebrations
- 8 Lakeside Garden Trail
- 10-12 Civil War Encampment
- 24-26 Christmas in July @ Put-in-Bay



August

- 1-2 Arts in the Park, Port Clinton
- 1-2 Deepwater Races
- 3-4 Kelly Miller Circus
- 24-28 Civil War Week
- 25 Super Cruise-In

September

- 5 Perch, Peach, Pierogi & Polka Fest.
- 12 Treasure Island Day
- 12 Arts in the Park at City Beach Park
- 25-27 Port Clinton Harvest Festival

Local Attractions

- Prehistoric Forest - Family Fun Center
- African Safari Wildlife Park
- Island Adventures –Putt-Putt/Go Karts/Pizza
- Perry's Cave & Gemstone Mining on Put-in-Bay
- The Marblehead Lighthouse
- Train-O-Rama
- Monsoon Lagoon Water Park

SANDUSKY COUNTY

June

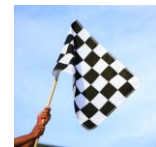
- 18 Clyde Fishing Festival
- 27-28 Bellevue Community Days Festival
- 28-30 Portage River Festival

July

- 2 Trailmarker Park
- 4 Independence Day Concert and Fireworks
- 10 White Star Park - movie
- 11 -12 Fremont Flea Market
- 11 Ohio Living History - Group Tour

August

- 8 Fremont Speedway Races
- 7 White Star Park - movie
- 12-15 Pemberville Free Fair
- 18-23 Sandusky County Fair



September

- 9 Gordon Lumber Show
- 19 Speedway Races
- 25-28 Haunted Hydro-Dark Attraction Park

Local Attractions

- North Coast Inland Trail
- Ringneck Ridge Wildlife Area
- White Star Beach

SENECA COUNTY

June

- 19 Movie Under Stars-Hedges Boyer Park
- 20 Making Art Festival
- 22 Summer P.L.A.Y. Day, Oakley
- 27-28 Glass Collectors Club Show & Sale

July

- 18-19 Oak Ridge Festival in Attica
- 7/26-8/2 Seneca County Fair

August

- 12-16 Attica County Fair, Attica
- 15 Seneca Co. CVB Car Show
- 30 Sandusky River Valley Doll Show

September

- 12 Jazz Festival
- 18-20 Tiffin-Seneca Heritage Festival
- 19 Fostoria Rail Festival

Local Attractions

- Fostoria's Historical Museum
- Glass Heritage Gallery
- Seneca Caverns
- Seneca Co. Museum
- Ritz Family Theatre
- Riehm Family Fun



WYANDOT COUNTY

June

- 19 Relay for Life, Fairgrounds



TBA Fishing Derby, Harrison Smith Park

TBA Our Lady of Consolation Festival
21 St. Peter's School Festival
27 - 28 Flea Markets at Fairgrounds

July

4 Ice Cream Social
4 Wyandot Music Festival
4 Fireworks
25-26 Flea Markets at Fairgrounds

August

6-7 Carey Festival
1,8,15,22 Farmers Market at Fairgrounds
25 - 26 Flea Markets at Fairgrounds

September

15-20 Wyandot County Fair
26-27 Flea Markets at Fairgrounds

Local Attractions

Saturdays – Farmers Markets at Fairgrounds
Indian Mill Memorial/Milling Museum
Indian Trails Caverns
Stepping Stones Park
Kildeer Plains Wildlife Reserve



COG TRAINING

The Clearwater COG presented training on March 16, 2009 for County Board employees and Providers. The day was split into two sessions. In the morning, **Rebecca Shank** and **Jane Weber** from Community Hospice Care in Tiffin presented "Hospice Care...A Special Kind of Care". There was a lot of great information passed on and it was very interesting to learn about all of the services that hospice will cover (I.E. volunteers, paying for Lifeline services for those over 55, and housekeeping).

One of the Rebecca's handouts was titled "Grief Unique for Adults with Mental Retardation". I'd like to share the information below from the handout:

Difficulties in learning or understanding (cognitive difficulties)

- Vary greatly from person to person.
- Will benefit from assistance in learning about death, loss and possible reactions to expect during grief. (in general, "*it is our lack of knowledge about grief that increases our fear, despair, hopelessness, and helplessness when we face a major loss in our lives*".—Tatelbaum.)
- Those with mental retardation do not have to understand the concept of death to feel loss.
- Problems may arise if helpers assume that they will not feel the loss; that they need to be protected from the truth; or that by not talking about the loss it will be less significant.

Decreased or altered expression of emotion

- Their faces or words may not express their true feelings.

Tendency to respond in a positive way

- May have developed a desire to please the person with whom they are interacting; or they may feel uncertain about consequences of giving a response that appears to be negative.

Behavior (rather than words) is indicative of true feelings

- A change in behavior may be a better indicator that they are upset than their affect and words; such as verbal or physical aggression.
- Behaviors to observe include: changes in sleep patterns, changes in eating patterns, changes in work productivity, withdrawing from social activities, an increase in the number or severity of physical symptoms exhibited, changes in personality.

Often family members or professionals treat them differently from others

- Many times they are shielded from realities of life and death similar to children.
- Additional burdens may be created when they are left out of family gatherings or rituals such as funerals, creating feelings of isolation and anger.

Family members or professionals often act as reporters or interpreters

- Caregivers provide a valuable service acting as a reporter to share important facts about the person's past history or interpreter to help others know what the person is trying to communicate; however, the caregiver may misinterpret the person's feelings. This can especially happen with issues of grief and bereavement since often they may be unfamiliar or uncomfortable with the subject.

Lack of social support

- Smaller support system; most do not marry and/or have children, have limited opportunities to develop friendships, and experience staff turnover in agencies, making their closest relationship to be with their parents.

History of multiple losses

- They may have had numerous residential transitions, loss of friends with whom they've lived with, changes with jobs and settings.
- If the person who died was the primary caregiver, losses such as living arrangements, daily routines, availability of support and attention may occur all at once.

Lack of resources

- To carry out actions that may be helpful; such as a car or license to drive to the cemetery and have to rely on others to take them, or may not have the money to arrange a trip to "get away from it all" like those in the general population.

Uncertain future

- Adults with mental retardation need some lifelong support and if that has been with the person who died there is a great fear of the future and that their world is unpredictable, out of control, and unsafe.

The afternoon session of our training was high-spirited with a wonderful presentation on how to “Be the Best” from motivational speaker **Harvey Alston**. Harvey has the courage it takes to remind people that life is only what they make it and that self-respect does not come with the job, but is brought to the job by people who do the best they can do, with whatever work is available to them. He left us with the following words of wisdom:

“It’s good to be smart, but it’s smarter to be good.”

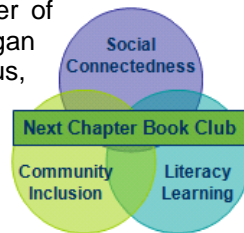
“If you don’t have the best of everything, make the best of everything you have.”

“If you’re not living on the edge, you’re taking up too much space.”

“We may live in a sad world, but the sad world doesn’t have to live in us.”

THE NEXT CHAPTER BOOK CLUB

The **Next Chapter Book Club** is a book club model for lifelong learning and community inclusion for individuals with intellectual disabilities. The program, developed at the Nisonger Center of the Ohio State University, began with two book clubs in Columbus, Ohio. Today there are more than 100 book clubs throughout the United States, integrating lifelong learning and social activity in community bookstores, cafés, and coffee shops. Benefits to the community include an increased community awareness and exposure to people with disabilities and opportunities for attitude change.



There are typically 5 to 8 members, ages 11-80+, in each group plus two facilitators. Every effort is made to accommodate anyone who would like to join. Prospective members fill out an intake form. Reading level is not a factor. Each member has his/her own book, as members want to carry, read, and look at their books even if they can not yet read them. Only disruptive or aggressive behavior may disqualify someone from membership.

Members choose which book they will read from a list provided by The Next Chapter Book Club, and are

chosen based on readability and popularity. The Wizard of OZ is a favorite for many readers. They have also enjoyed The Secret Garden, Little House on the Prairie and Skipping Christmas.

It takes approximately twelve weeks to complete one book. Facilitators support members and encourage literacy learning, social connectedness and community inclusion as well as monitoring weekly participation and attendance. Weekly meetings encourage attention and retention. Members have opportunities to build social connections to meet new people and build friendships, and to gain a sense of belonging. Members learn conversational skills and how to order and purchase refreshments independently or with support. Like many members of any book club, The Next Chapter Book Club members choose the book they want to read, and how they would like to structure their club. While they are learning literacy skills, members are making friends and enjoying this special time together.

Many counties in the COG have existing book clubs. Marion County has two groups. Ottawa, Sandusky and Seneca Counties have one as well. Erie County’s club is in the planning stage.

Please contact any of the above County Boards listed if you are interested in starting a book club or joining one.

CLEARWATER COG WELCOMES INVESTIGATIVE AGENT

We’d like to introduce Ruth Watson, who has joined the Clearwater COG team in the capacity of full time Investigative Agent (I.A.).

Ruth graduated with her Bachelor’s Degree in 2002 and worked as an Investigative Agent for Sandusky County four years, while obtaining her Master’s Degree in Criminal Justice. After that she went to the police academy and tried law enforcement, working as a part-time Officer for about two years. It was an adventure, but she discovered it was not for her.

In 2006, Ruth began working with Erie County Children Services as an investigator. She enjoyed her time there and learned a lot, but discovered that she really missed working in the MRDD world.

She started her Investigative Agent position on June 1st and can be reached at ruth.watson@ocbmr.org or (419) 366-7060.

Ruth lives in the country with her husband Dusten and her Chocolate Lab puppy named Lily. She is very happy to be working in the MRDD field again! Please join us in welcoming her to the COG team.

ANALYSIS OF MUI TRENDS AND PATTERNS

Each county board (as a provider) and agency provider is required to complete two quarterly reviews (1st and 3rd quarter) to identify and address Major Unusual Incidents (MUI) trends and patterns, a semi-annual analysis and an annual analysis, which are a more in-depth analysis and action to address noted trends and patterns.

All reviews are to be completed within 30 calendar days following the end of the respective quarter. The completed county board analysis is sent to the department for review and the completed agency analysis is sent to the county board for review (within 60 calendar days following the end of the quarter).

Individual/independent provider reviews are to be included in the county board review. The purpose of these reviews and analyses is to identify MUI trends and patterns and to take preventative measures to address these noted trends. The county board is to ensure that trends and patterns are included in the ISP of the involved individual. **Note, the county board is not required to send agency providers the “provider report” off of COGNOS, but in many cases this practice will be continued. Please contact your county board if you do not receive notification or information regarding the reviews, as they are the providing agency’s responsibility.** Be sure to include the name of the county board, date of the review, name and title of those conducting the review, time-span of the review, agency/programs reviewed, number of consumers served by the agency/program, and the county board shall include a review of the independent providers with the number of individuals served.

The reviews/analyses are as follows:

1ST QUARTER REVIEW

This is a review of MUI’s for the first quarter of the year (January-March). ODMRDD allows a “paper review” (sign-off sheet and COGNOS report sent to the provider that the MUI’s were reviewed for trends/patterns and if any are identified, the plan of prevention), which is then returned to the County Board. Some counties may still do a “face to face review” with the provider, COG Investigative Agent (IA), and County Board staff reviewing the MUI’s for trends and patterns and developing a plan of prevention. The type of review is determined by the County Board. This review is to be completed by April 30th, and sent to the County Board (by the providing agency) by May 31st.

SEMI-ANNUAL ANALYSIS

This is a cumulative review for the first two quarters of the year (January-June) and includes a more in-depth analysis. For the counties served by the Clearwater COG (IA Services), this will be a “face to face” review with the provider, COG IA and County Board staff. We will be comparing the MUI’s for the 1st half of the year to previous years’ MUI’s for each provider and County Board as a provider. In addition, we will be looking at trends and patterns by location, individual involved and incident type/location. Be sure to include causes and contributing factors as to why trends/patterns are occurring, the plan of prevention, initiation date, and who is responsible for monitoring. Previously identified trends and patterns should be reviewed as well as the effectiveness of the preventative plans initiated. The rule indicates that this analysis is to be completed by July 31st, and is to be sent to the County Board (by the providing agency) and to the department (by the County Board) by August 31st.

3RD QUARTER REVIEW

This is a review of MUI’s for the third quarter of the year (July-September) and will either be a “paper review” or a “face to face review” as determined by the respective County Board. This is the same as the 1st quarter review. This review is to be completed by October 31st, and sent to the County Board (by the providing agency) by November 30th.

ANNUAL ANALYSIS

This is a cumulative review for the entire year (January-December) and includes an in-depth analysis. For the counties served by the Clearwater COG (IA Services), this will be a “face to face” review with the provider, COG IA and County Board staff. This review will compare MUI’s from the entire year to previous years’ MUI’s for each provider and County Board as a provider. We will be looking for trends and patterns by location, individual involved and incident type/location.

Be sure to include causes and contributing factors as to why trends/patterns are occurring, the plan of prevention, initiation date and who is responsible for monitoring. In addition, previously identified trends and patterns should be reviewed as well as the effectiveness of the preventative plans initiated. The rule indicates that this analysis is to be completed by January 31st, and is to be sent to the County Board (by the providing agency) and to the department (by the County Board) by February 28th.

In addition to these reviews (1st and 3rd quarter) and analyses (semi-annual and annual), each County Board completes two stakeholders meetings which are made up of a “reasonable representation of stakeholders” (County Board staff, guardians, family members and providers) to review and share

aggregate data in order to identify trends and patterns in areas for improving the quality of life of the individuals served. Basically it is a review of all MUI's that occurred across the county or COG. **A copy of the meeting minutes will need to be included in the completed report.**

SEMI-ANNUAL STAKEHOLDERS

This meeting, held in September, is a review for the first half of the year (January-June), and includes a review of aggregate data and its in-depth analysis. For the counties served by the Clearwater COG (IA Services), the aggregate data (and analysis) is prepared by the IA, with the assistance of the County Board. The County Board then sends the data to the committee/stakeholders 10 days prior to the meeting. Data will be compared year to year to identify trends/patterns, plans of prevention (past and present) will be reviewed to determine effectiveness, new action plans will be developed and outcomes will be discussed.

ANNUAL STAKEHOLDERS

This meeting, held in March, is a review for the entire year (January-December), and includes a review of aggregate data and its in-depth analysis. For the counties served by the Clearwater COG (IA Services) the aggregate data (and analysis) is prepared by the IA, with the assistance of the County Board. The County Board then sends the data to the committee/stakeholders 10 days prior to the meeting. Data will be compared year to year to identify trends/patterns, plans of prevention (past and present) will be reviewed to determine effectiveness, new action plans will be developed, and outcomes will be discussed.



I recently had the pleasure of speaking with **Ada Orosco**, a 43 year old woman who resides in Port Clinton, Ohio. She lives in her own apartment and receives assistance from her long time provider, ECI Inc. She has been employed by Riverview Industries, Inc. since 1992. Ada has been dating her boyfriend, Gary, for nine years and enjoys doing things with him. Baby, her pet hamster, makes her laugh. He eats all the time and she loves to spoil him!

Ada has a number of remarkable things that have occurred and are transpiring in her life. Throughout the years she has always enjoyed music, playing keyboard, and singing. In 1993, the "Fabulous Flashbacks" performed at the Harvest Festival in Port Clinton. One of Ada's friends had shared with the

band that she could really sing. The band invited Ada up on stage and she performed a crowd favorite *Hang on Sloopy!* She has participated in the Port Clinton Idol contests that take place at the Portside Inn. She hasn't won yet, but is hopeful that she will do well in the upcoming season and possibly win one of the prizes. During the summer season, you may have the pleasure of enjoying one of Ada's performances on the front lawn of Mendoza's Restaurant.

Brenda Fastinger, Amy Boling, Amy Cantu, and Gerry Schultz surprised Ada with a visit for her birthday recently. She truly appreciated the special effort of Brenda, who baked her very first cake for the occasion.

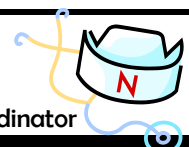
Ada's newest ambition is "The View/RII News". Riverview Industries' R.I.S.E program is currently assisting her with recording activities and news that occurs throughout the workshop. Ada uses her own camera to record various events throughout the workday. Ada explained that the plan is to transfer the recordings to CD/DVD for possible sale to Riverview Employees. The recordings can also be viewed by individuals in the sensory or element room. At this point, Ada needs help with being able to transfer the recordings to CD/DVD and looks forward to moving forward on this project. Any new ideas for events to record are welcomed.

Ada is a vibrant lady with a passion for music and entertaining and dreams of playing in a band of her own one day! She did want to share that she is available for gigs. Sharing in Ada's enthusiasm will put a smile on your face!

NURSE'S CORNER

Lisa Arebaugh, RN

QA RN Coordinator



Why Your Blood Pressure is Important:

Your blood pressure keeps your body's organs healthy and functioning correctly. It is one of the controlling systems of the body and delivers blood, and therefore oxygen, to the organs. When the heart beats, it causes a force and pressure which moves the blood through the veins. It is a good idea to have a regular blood pressure reading to recognize any potential problems.



A blood pressure is measured with a blood pressure cuff and recorded as two numbers. The top number is called the systolic number pressure. This is the pressure that occurs when the heart pumps. The bottom number is called the diastolic pressure in the

arteries while the heart is filling and resting between heartbeats. A normal blood pressure level is 120/89.

High blood pressure in adults can be defined as a consistently elevated blood pressure of 140/90. High blood pressure is also called Hypertension. Many people have high blood pressure and are not aware of it. Symptoms of high blood pressure can be headache, dizziness, blurred vision, nausea, chest pain or shortness of breath on exertion. If you experience any of these symptoms, you should consult your health care provider. High blood pressure is known to be a major risk factor for stroke, heart disease, congestive heart failure and kidney disease.

The following strategies may help prevent high blood pressure:

1. Eat a nutritious, low-fat diet.
2. Exercise regularly.
3. Decrease salt intake. Read food labels so you know the salt content before you buy the product.
4. Maintain a healthy weight. If you are overweight, try to lose weight.
5. Stop smoking.
6. Use alcohol in moderation, if at all.
7. Stop smoking.
8. Reduce stress.
9. Get your blood pressure checked periodically and consider getting an easy-to-use home system.
10. Take your blood pressure medications as directed.
11. Always consult your health care provider for any questions or concerns.

Source of information: *emedicinehealth* and the *medical doctor locater directory*.

VISIONS REVEALED 2009

**Fifth Annual Art Exhibit
June 19 through July 18**

Ernsthausen Performing Arts Center Gallery
Norwalk High School
350 Shady Lane Drive, Norwalk

**Opening Reception
Friday, June 19 from 4:00-7:00 p.m.**

**Gallery Hours
Tuesdays and Thursdays from 9:00 a.m. – noon**

**Sponsored by Artists; Open Studio and the
W.E.L.L. with support from Christie Lane and
North Coast Cancer Care.**

“Encouraging a Creative Community”

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