



LCBDD News & Updates!

Hello, Provider Partners! Sending a BUNCH of info. to you today. Hope your day allows you time to take a look at it.

Please let me know if you have any questions.

Thanks,

David

Zumba class fundraisers

PALS Self Advocates are holding two Zumba class fundraisers on Jan. 9th & 10th at 6:30pm. All of the proceeds from these Zumba classes will be donated to the local Night to Shine event. Please see the attached flyer for details.

DSP Training & Longevity Add-On- FREE Trainings are now available

On-line trainings that will qualify staff (with two+ years of experience) for this Add-On are now available.

Go to <http://dodd.ohio.gov/Training/Pages/default.aspx> to access these trainings. (Information about them is on the right side of the screen.)

Please see the memo for additional information.

[Read Memo](#)

HealthMatters

HealthMatters is a program for adults with disabilities and their Direct Support Professionals. Groups meet a few times per week to talk about nutrition and do movement activities with their friends and coworkers. People who have completed this program report having more energy, increased general health status, less pain, and greater sense of well-being! Upcoming Train-the-Trainer sessions will give you the skills, knowledge, and resources to be a wellness trainer at your organization.

Contact Ann Robinson at the Ohio Disability and Health Program to sign up for training or for additional info.



LCBDD News & Updates!

Email- ann.robinson@osumc.edu

Phone- 614-688-2928

Transformation Summit - Friday, April 20 in Dublin, OH.

This single-day, highly interactive event is designed to help provider agencies assess, develop, and refine their current practices and offerings while moving forward with the systems change process. Participants will work directly with their peers from across the state as well as subject matter experts (SMEs) in order to continue the transformation of their agencies and increase community-based services.

What: 2018 Transformation Summit: Building Innovative Service Models

When: 10:00 am - 3:00 pm | Friday, April 20, 2018 *Registration and breakfast: 9:00 - 10:00 am*

Where: Embassy Suites – Dublin, OH

Cost: Free (*includes continental breakfast and lunch*)

[Register for the 2018 Transformation Summit](#)

In-Person Individual Rights & MUI Training

MEORC is offering an Individual Rights & MUI Training on January 22nd, 1:00 pm at 565 Industrial Parkway in Heath (LCBDD Service Coordination building). Cost is \$20 per person. Click on this link for additional info. and registration: <http://www.planetreg.com/E127193223698>

Together We Grow Gardens survey



LCBDD News & Updates!

Together We Grow is in the beginning stages of Strategic Planning and would like to get feedback from all who participate (or have participated) with in any way over the last few years. It's a very quick survey-monkey survey that will automatically go to them when you answer the questions and hit "submit". The survey will be open until approximately 1/17/18.

[Click here to complete short survey.](#)

Bridges out of Poverty - Getting Ahead Classes

These classes help people learn about financial literacy and budgeting, life skills and communication, planning and goal setting, and managing stress. Sessions are every Wednesday beginning Jan. 10, 2018. Dinner is served at 5:30; classes are 6:30-8:00. Students who complete the entire program earn a certificate and continued support. Classes are free and open to everyone. A flyer is attached. For more information contact Donna Lee at 740-788-0300.

Bridges Out of Poverty (Getting Ahead)

FREE



FREE

Every **Wednesday** beginning **January 10, 2018**

5:30 Dinner

6:30-8:00 Getting Ahead Class

Holy Trinity Lutheran Church

592 West Main Street, Newark, 43055



- Financial literacy
- Budgeting
- Life skills and communication
- Planning and goal setting
- Creating resumes
- Interviewing skills needed for employment
- Managing stress

For more information contact Donna Lee at 740-788-0300

You can be a wellness trainer!

HOW: Attend 3 HealthMatters Train-the-Trainer sessions and become a Certified Instructor

WHO: People at provider organizations who want to eat good food, move their body, and have fun!

WHERE: At a location near you

WHEN: January 2018



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This Train-the-Trainer session will give you the skills, knowledge, and resources to be a wellness trainer at your organization.



HOW DO I SIGN UP?

Contact Ann Robinson at the Ohio Disability and Health Program:

Email- ann.robinson@osumc.edu

Phone- 614-688-2928



Ohio Disability
& Health Program

HealthMatters™ Program

Self Advocacy
presents

ZUMBA WITH ALEXIS

Date: JANUARY 9TH, 2018

Sponsor: PALS CHRYSALIS HEALTH

Address: 585 INDUSTRIAL PARKWAY
HEATH, OHIO 43056

Date: JANUARY 10TH, 2018

Location: COMMUNITY CHURCH

Address: 161 MYRTLE AVE
NEWARK, OHIO 43055

6:30-7:30 PM

All proceeds will benefit Night to Shine
at Community Church,
a prom night celebrating individuals with
special needs.

Only
\$8.00

PALS

WWW.PALSCHRYSALISHEALTH.COM

