

February 2017

The PIC Informer

**From the Desk of the Director**

Well another year has passed. I’ve taken the last few weeks to look back on 2016 and see where we as an agency have grown, improved, or not improved. We have done some good; there is no doubt about that. The folks you provide supports to are doing good, and for the most part happy. I do however see a few negatives with our agency; mainly the fact that for the most part we do not work together as a team.

Some of the houses do a good job of teamwork, I’m thinking of the houses that Diane supervises in Sandusky. They work together very well, have each others backs, tasks are distributed according to likes and abilities. While there is some, there is not as much “drama” as there is in some of the homes. Over the next 10 months we will be talking a lot about team work. Part of our big trainings will have some team building work, as well as management meetings about team building and leadership.

A big shout out to everyone concerning our QA’s. They were not perfect, but they were pretty damn good. As we move into this year we will encounter some more changes within the system. Nothing too radical, just enough to make things a little difficult. I can’t talk to you a whole lot about the State’s budget, it has not been approved yet. It does look like the overall DODD state budget will not be cut. That is a good thing.

 I’m sure that you all are aware that we a short staffed everywhere. Just a reminder that we are offering a $100.00 bonus to employees that refer people for the job and that are hired. They need to stay with the agency for 90 days and then you will receive the money. So get out there and recruit.

*Dan*

Open Shifts:

Bogart Rd. in Sandusky – FT

Milan Rd in Sandusky – 4-6 hours/week during day

Waverly in Sandusky– AM and PM FT

Oakmont in Sandusky – Weekends PT

Madison St in Sandusky – PT Flex

Madison St in Port Clinton – PT or FT

Norwalk – PT

Foxtrail in Sunbury – PT

Shellburne in Delaware – PT Sundays



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"Coming together is a beginning. Keeping together is progress. Working together is success."

--Henry Ford



Prosciutto and Mozzarella Sushi

* 3 (1/2-inch-thick) slices whole-grain bread, crusts removed (each slice of bread should be about 3 inches wide and 5 inches long)
* 2 tablespoons mascarpone cheese, at room temperature
* 3 thinly sliced pieces prosciutto
* 1 (4-ounce) ball fresh mozzarella cheese, drained, patted dry with paper towels, and cut into 6 sticks, each about 1 1/2 inches long and 1/2 inch thick
* 6 baby pickles, ends trimmed
* 1 (3-inch) piece of carrot, peeled and cut into 1/4- inch-thick sticks

Turkey and Cheddar Sushi

* 3 (1/2-inch-thick) slices country white bread, crusts removed (each slice of bread should be about 3 inches wide and 5 inches long)
* 2 tablespoons mascarpone cheese, at room temperature
* 3 deli-style slices roast turkey
* 1 (2-ounce) piece white cheddar cheese cut into sticks, each about 1 1/2 inches long and 1/2 inch thick
* 3 cooked green beans, ends trimmed
* 1 (3-inch) piece of carrot, peeled and cut into 1/4- inch-thick sticks
* 2 cups sugar
* 1 cup canola oil

**Directions For the prosciutto and mozzarella sushi**: Place the bread slices on a work surface. Using a rolling pin, lightly roll the bread until 1/4 inch thick. Spread one side of each slice of bread with 1 teaspoon of mascarpone cheese. Place 1 slice of prosciutto on each slice of bread. Using kitchen shears, trim the prosciutto to fit the bread. Spread each slice of prosciutto with 1 teaspoon mascarpone cheese. Place 2 cheese sticks, end to end, along the narrow edge of the bread. Place 2 pickles, end to end, in front of the cheese. Place a carrot stick between the pickle and the cheese. Starting at the narrow end, roll up the bread like a jelly roll and press lightly to stick. Using a sharp knife, cut each roll into 3 pieces. **For the turkey and cheddar sushi**: Place the bread slices on a work surface. Using a rolling pin, roll the bread until 1/4 inch thick. Spread one side of each slice of bread with 1 teaspoon of mascarpone cheese. Place 1 slice of turkey on each slice of bread. Using kitchen shears, trim the turkey to fit the bread. Spread each slice of turkey with 1 teaspoon mascarpone cheese. Place 2 cheese sticks, end to end, along the narrow edge of the bread. Place a string bean on top of the cheese. Place a carrot stick alongside the string bean. Starting at the narrow end, roll up the bread like a jelly roll and press lightly to stick. Using a sharp knife, cut each roll into 3 pieces.

Nutrition

**Red meat and gut inflammation**: Harvard study  
  
According this new Harvard study involving 46,500 participants, eating high amounts of red meat daily might be a risk factor for gut inflammation and the development of diverticulitis ([Diverticulosis](http://www.webmd.com/digestive-disorders/tc/diverticulosis-topic-overview)happens when pouches form in the wall of the [colon](http://www.webmd.com/digestive-disorders/large-intestine) . If these pouches get inflamed or infected, it is called [diverticulitis](http://www.webmd.com/brain/tc/Diverticulitis-Topic-Overview). [Diverticulitis](http://www.webmd.com/digestive-disorders/ss/slideshow-diverticulitis-overview) can be very painful.)

For each daily serving, the risk went up by 18%. However, replacing a daily portion of red meat with fish or poultry lowered this inflammation risk by 20%. Fibre, on the other hand, was highlighted as being anti-inflammatory. Eating high-fibre foods, such as vegetables, lowers the chance of diverticulitis. This shows, once again, that it’s the compounded effect of your overall diet which tips the risk scales one way or another.  
  
*Source: © The Health Sciences Academy*



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issues declined by as much as 51 percent, according to findings published online Monday in the journal Pediatrics.

The positive effects were most pronounced on days when children participated in the intervention, with disruptive behaviors dropping over 70 percent, researchers said.

“Aerobic cybercycling PE shows promise for improving self-regulation and classroom functioning among children with complex behavioral health disorders,” wrote the study authors. “This school-based exercise intervention may significantly improve child behavioral health without increasing parental burden or health care costs, or disrupting academic schedules.”

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**Free Trainings are available for you to attend. Please contact Hallie Griffitts if you are interested in attending the trainings listed below.**

**BEHAVIOR SUPPORTS AND INTERVENTIONS – February 28th 6P-7:30P at Ehove Career Center**

**RESPONSIBILITIES OF BEING A REPRESENTATIVE PAYEE – March 16th 6P-7:30P at Ehove Career Center**

**PIC DAY PROGRAM INSERVICES – April 14th and October 9th 10A-12P at PIC Day Program Bldg**

**Webinars – Falls Prevention for Caregivers – February 24th 1P-2P; MUI Rule Training for DSP – March 23rd 10A-11A; Rights and Resources for Crime Victims with Disabilities – April 19th 10A-11A**



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**Study: Exercise May Cut Behavior Issues In Half**

Researchers say there may be a simple way to reduce challenging behaviors among those with autism and similar disorders during the school day — add in some exercise.



A new [study](http://pediatrics.aappublications.org/content/early/2017/01/05/peds.2016-1985) looking at the impact of structured, aerobic exercise in kids on the spectrum and those with other behavioral disorders found that youngsters who participated in “cybercycling” at school as opposed to traditional physical education classes were far less likely to act out.

Cybercycling involves a stationary bike with a video screen that allows participants to ride various courses, play games and otherwise engage using virtual reality while participating in aerobic activity.

For the study, researchers randomly assigned 103 students ages 7 to 16 at a therapeutic day school to participate in a seven-week cybercycling program or to participate in traditional, non-aerobic PE classes twice a week. Participants included students with autism, attention deficit hyperactivity disorder, anxiety and mood disorders.

When children were participating in the cybercycling program, researchers found their odds of exhibiting poor self-regulation or being taken out of class because of behavior



Spotlight

PIcture Not Available

Ladies of the Winter Ball

 **CONGRATS TO**

**OUR NEWEST HOUSE MANAGER…**

**PROFILE OF THE QUARTER**

**Name**: **Barb Holloway**

**Birthday**: March 12, 1976

**Children**: 4 children

**Education**: Licensed Barber from Ohio State Barber College; Degree in Art from Art Institute in Pittsburgh

**Employment Status with PIC**: Almost 2 years. Barb started with PIC as a Part Time Employee and then was recently promoted to House Manager at Foxtrail. Barb’s experience working with people living with disabilities dates back to 1993 with Support Care where she became their Program Manager. Her previous employer was Bridges to Independence in Delaware where she worked for 6 years as their Regional Director.

**Hobbies**: Photography and Art – Pencil Drawings and Shading

**Favorite Book**: Joyce Meyers Books

**1st Job**: Waitress at Friendlys Restaurant

**Favorite Movie**: All Suspense Movies

**Favorite TV Show**: Anything on Lifetime

**MEDICATION ADMINISTRATION MED AUDIT FINDINGS**

\*Follow Step by Step Instructions when administering medications including washing your hands prior to and after medication administration. Don’t forget to initial the MAR.

\*Know where your Medication Administration Handbook and Medication Administration Policies are located at the home where you work.

*DON’T FORGET DAYLIGHT SAVINGS TIME STARTS MARCH 12th. CONDUCT YOUR HOME MAINTENANCE CHECKS THEN.*

**ANNUAL EVALUATIONS**

It has been brought to our attention that some of the PIC staff have not received their annual evaluations. If there is any type of confusion of who has the responsibility of completing your evaluation and/or if your anniversary date has come and gone, please bring it to one of the Managers or Administrators attention.

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February 2017

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