



Independence Day

SAND RUN SCOOP



SAND RUN SUPPORTS STAFF NEWSLETTER

JULY2009



Mike Carson

Stan Smallwood



Gwendolyn Bender

Anna Schrader

Vickie Brown



WELCOME ABOARD

Brandy Schafrath



Be eccentric now. Don't wait for old age to wear purple.

Life isn't fair, but it's still good.

When in doubt, just take the next small step.

Life is too short to waste time hating anyone...

Your job won't take care of you when you are sick. Your friends and parents will. Stay in touch.

You don't have to win every argument. Agree to disagree. Cry with someone. It's more healing than crying alone.

Make peace with your past so it won't screw up the present. It's OK to let your children see you cry..

Don't compare your life to others. You have no idea what their journey is about.

If a relationship has to be a secret, you shouldn't be in it.

Everything can change in the blink of an eye. But don't worry; God never blinks.

Take a deep breath. It calms the mind.

Get rid of anything that isn't useful, beautiful or joyful. Whatever doesn't kill you really does make you stronger.

It's never too late to have a happy childhood. But the second one is up to you and no one else.

When it comes to going after what you love in life, don't take no for an answer.

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Over prepare, then go with the flow.

—Regina Brett, Cleveland Plain Dealer

SAND RUN SUPPORTS STAFF NEWSLETTER
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**July 2009
TRAINING
SUMMIT COUNTY TRAINING
COLLABORATIVE**

- 7.16.09 Standard First Aid/CPR
9:00am-4:00pm**
- 7.21.09 Behavior Basics
9:00am-Noon**
- 7.22.09 PMT Crisis Intervention
8:30am-4:40pm**
- 7.23.09 First Aid / CPR Review 9:00am-
3:30pm**
- 7.27-29.09- Delegated Nursing
7.29.09 PMT Review
9:00am-Noon**



Dustin Barnes has been with Sand Run Supports since June of 2003. He has worked most of that time with the same consumer providing in-home supports to a young man and his family. He has also worked in a group home setting.

Dustin has worked in the field of assisting people since 1999, coming to us with experience he gained with one of our founding managers.

One of the noteworthy activities he participates in is work with a non-profit board that does wheelchair racing. Information about that organization can be found at www.willowstrance.net. They are always looking for volunteers, so keep them in mind.

Looking Ahead to Training

2nd TUESDAY TRAINING

7/14/09

PAWS and SERVICE UTILIZATION

MANDATORY

10:00AM-Noon

OR

4:30PM-6:30PM

3200 W. Market St.

2nd floor conference room



**Legislators Strike "Mental Retardation" From Dept.,
County Boards' Names**

COLUMBUS, Ohio – In a rare show of bi-partisanship, the Ohio House of Representatives voted unanimously to *remove "mental retardation"* from the Department of MRDD and all 88 County Boards of MRDD.

The **"Name Change Bill"** – as SB79 was commonly known – came about almost two years ago when people with developmental disabilities in Athens County visited their Board of MRDD and asked for the change. After about a year of discussion, the self-advocates were back at the board meeting.

Athens County didn't wait for the bill to pass. They immediately began doing business as a Board of DD. There are *nine other County Boards of MRDD "doing business as" County Boards of DD*. Delaware County was the first county to drop "mental retardation" from its name. They did so in 1991.

Many other County Boards of MRDD also wanted to drop "mental retardation," but were prohibited by their prosecutors, who interpreted the Ohio Revised Code in such a way that would not allow County Boards of MRDD to do business under any name other than the state-sanctioned title.

Much of the credit for the passage of the bill should be given *not only to the self-advocates, but also advocates for the developmentally disabled from throughout Ohio*. Many were in attendance as legislators voted on the bill.

**IF STRANDED ON A
DESERT ISLAND**

DUSTIN would need:

A Boat

Fishing Pole

Book (any as long as
it's thick)

Fresh food and water

Toothbrush



7 THINGS YOU'RE WASTING MONEY ON

- 1) BOTTLED WATER
- 2) EXTENDED WARRANTIES
- 3) GYM MEMBERSHIPSET & SPORTSCLUB ASSOCIATION). SO MAKE SURE YOU'RE TAPPING INTO ALL OF THE
- 4) OVERDRAFT FEES
- 5) ORGANIC PRODUCE
- 6) AUTO INSURANCE
- 7) MUSIC DOWNLOADS