



Volunteer Week • ReUse-apalooza • Brighter Futures

May 2017

National Volunteer Week

“Volunteers are unpaid, not because they are worthless, but because they are priceless.”

National Volunteer Week 2017 was April 23-29, and we wanted to offer our deepest thanks to all the volunteers who contribute their time and passion to our mission. It is their drive that makes Easterseals such an amazing and inspiring organization. We have the best staff that makes everything run smoothly, but sometimes work can be a little overwhelming. These wonderful volunteers step up to the challenge and assist our staff in a variety of ways to help us continue our mission. In 2016 alone, we benefited from the service of more than 100 individual volunteers who dedicated countless hours to our mission!

Thanks to volunteers, we have:

- Amazing and fun events
- Cheerful facilities with fresh coats of paint
- Board of Directors and Committees offering invaluable guidance and expertise to lead Easterseals into a bright future.

We want to not only thank those that come to our facilities to volunteer, but also all those within Easterseals who go out and give back to their communities. This spirit of giving is present in the Neighborhood Hubs. Several times a week,

individuals we serve volunteer their time at organizations in need. Volunteers assist at places such as St. Vincent De Paul, where they help organize clothes and clean the store. They also help out in Washington United Church of Christ to offer free meals to those in need. Participants roll silverware and clean the facility so that those who come to eat feel at home in a clean and comforting environment. These are just a few ways in which the Hubs empower our individuals to give back to their community and embrace the volunteer spirit of Easterseals.

Thank you to all volunteers for working to break down barriers to employment for the people we serve - we couldn't do it without you.



Sign Up for Go365

Start earning points today

Do you have the Easterseals Humana medical insurance? Have you engaged with the Go365 Wellness Program? Ask Le’Nikka about her positive experience!

Le’Nikka Howell

“My experience with the Go365 program has been wonderful. As a full time employee, a part-time student, and a mother, I wanted to take control of my health. Enrolling is easy, and only requires a few simple steps. I have the app on my cell phone, so it’s easy to keep track of my progress. I have

already earned enough points to redeem three \$25 gift cards from Amazon. Earning points is very easy. One way that I earned points was for having my CPR and First Aid training. My Fitbit is synched to my Go365 app, the points are accurate and counted daily.

I recommend getting the app and signing up if you haven’t done so yet. You won’t be disappointed.”

There are so many benefits to signing up for the program, from benefitting your health to earning

points you can redeem for gift cards, fitness devices, etc.



Signing up is easy and fast! Visit humana.com, and select New User Registration. Once you are logged into the Humana portal, on the top of the page, select Go365. From there you can take the Health Assessment and begin earning points immediately!

Contact Lisa Grout in Human Resources with any questions.

Brighter Futures Celebration Awards

Nominate Your Heroes

It is time to nominate individuals for a 2017 Brighter Futures Celebration Award! **Nomination forms were emailed out on May 1, and will be due on May 22.**

- It does not need to be someone you are currently working with on a regular basis. Think back to the many people you have served over the years.
- Ideally, we will have a strong representation of nominees from each of the groups that we serve: People with disabilities, people facing disadvantages, and veterans.
- We do welcome nominees who have not yet achieved community employment, but it must be clear what steps have been made and are being made toward community employment or self-sufficiency.

MOST IMPORTANTLY, think about someone who is willing to share their story publically, either in person or in a video. Also be sure that you, or someone else, can speak in great detail about the nominee.

Thank you so much in advance for taking the time to make sure that the amazing individuals we serve receive the recognition that they deserve!



Compliance Corner

Tornado Season!

April has certainly been an unpredictable month of weather. It's awesome to have the warm sunny days, however, along with the change of seasons, it's important that we review important safety topics.

Tornadoes: It's time to practice safety drills for these deadly storms. Review tornado procedures for your building. Know where the safe area(s) are, and be familiar with the tornado alarm. If you are unsure, contact the safety committee

representative for your building and they will be happy to review with you. Easterseals has weather radios placed strategically throughout all of its buildings to receive updates in the case of severe weather.

If you are outside of an Easterseals building:

- Listen to a radio to get instructions from emergency management personnel.
- If you are in a building, go to the lowest level of the

building.

If you are outside:

- Run to the nearest sturdy building.
- Lie on the ground in low area.
- DO NOT get under an overpass or bridge!
- Watch out for flying debris.
- Do NOT try and outrun/drive a tornado.



Connecting the Dots

Thanks to Callie Amann, Easterseals now has their own Kroger card! Next time you shop for an Easterseals expense, use the Alternate ID number (513) 281-2316. This will earn fuel rewards for Transportation, and earn Community Rewards for Easterseals. Way to connect the dots!

The Easterseals Story: AgrAbility

Making Dreams Come True



Kipp, a veteran with a disability, has always dreamed of farming. With AgrAbility, new technology is making this dream a reality. A new air seat cushion increases Kipp's comfort on his tractor. A tilt and corral system allow him to work more animals without stress to his injuries. A grapple and baler tripled hay production this year. "We sincerely thank Ohio AgrAbility, Easterseals and Opportunities for Ohioans with Disabilities for supporting disabled farmer veterans," stated Ivory Harlow, Kipp's wife. "[We] thank each of you for supporting Kipp's dream to farm."

Staff Spotlight: Delea Dinsmore

Work and Grow with Compassion

Visit the Gamble-Nippert YMCA, and you will immediately be greeted by the smiling face of Delea Dinsmore.

Delea has dedicated 25 years of her life to the Easterseals mission. She has worked in a variety of programs, most recently at Work and Grow.

Delea is part of a close family from a little country town in Indiana. Much to the jealousy of her older brothers, Delea was a master tractor driver by nine years old! She also liked to dress up the piglets on her farm in doll clothes. It was in these formative years that she developed a passion for people and animals.



Delea now lives on the West Side in Cincinnati with her daughter Jennifer and granddaughter Stephanie to keep her company. Delea loves to read mystery novels and sew clothing for family and friends.

Delea's dream is to weave together her two passions: the individuals

she serves, and animals. She would love to open a bakery that makes treats for pets. She would then hire the individuals she serves so that they could enjoy the benefits of community employment.

Delea loves her job, and all the great people she works with.

“Working with the individuals, I realize I have an impact on their lives. But through the years I realize how much they touch my life too.”

We, in turn, are grateful for the impact Delea has on Easterseals.



Actions for Excellence Quarterly Recognition

Way to go, Roger. Teamwork

Working with a great team is always fun and rewarding. The Actions for Excellence committee would like to highlight Roger Cross, who was nominated by Chrissy Perkins for living the value of Teamwork. “Roger brought a positive attitude and energy to the Hub on the weeks he covered.” Roger was recognized specifically for his willingness to get out of his comfort zone and fill in when another location was short-staffed. He also contributed new ideas and shared his music and art talents with the individuals served. “It was nice to see another side to Roger and watch him excel as an employee of Easterseals.” Roger is the Action for Excellence quarterly winner and will have a selection of awesome prizes to choose from. Thank you Roger for your commitment to Teamwork!



Anniversaries

Thanks for all your hard work!

Jonathon Sherwood	21 Years	Tom St. Arnold	10 Years
Jeff Giblin	16 Years	Eric Hemphill	10 Years
Brenda Pierce	11 years	Erin Travis	9 Years
Virginia Aylward	11 Years	Barb Settles	9 Years
Fritz Woolum	10 Years	Erin Brown	6 Years
Jeanette Adkins	10 Years	Tricia Smith	6 Years
Karen Wallen	10 Years	David Daniels	5 Years
Lee Anna Dunn	10 Years	Leslie Cain	3 Years
Bob Berberich	10 Years	Mushay Davis	3 Years
Robin Totsch	10 Years	Briana Dilbert	3 Years
Sarah Riegel	10 Years	Dan Dennis	3 Years
Sherry Wells	10 Years	Stan Warrenhuffman	1 Year
Stephanie Wilson	10 Years	Megan Barrett	1 Year
Teresa Foster	10 Years	Lisa Hutson	1 Year

Farewell with Love

Janeene Kirsch



All of Easterseals is saddened by the passing of Janeene Kirsch. A five year veteran of Easterseals, Janeene worked as the Symmes Road driver. We are grateful for the time she spent with us and the memories we shared. Janeene, your smile will be missed!

Honoring Veterans

Kroger Celebrates Those Who Have Served



At Easterseals, we know how important it is to show gratitude to our military. We were thrilled when Kroger, a 2015 Outstanding Community partner honoree, and their store in Burlington worked with students of Boone County to design a mural store dedicated to veterans. Easterseals' own Karl Williams was invited to the unveiling ceremony. An Iraq veteran himself, Karl has worked with Easterseals Veteran Services for several years, helping veterans succeed by connecting them with civilian employment. Check out the full story by the Cincinnati Enquirer [here!](#)

Recipe Corner

Grilled Chicken with Charred Lemon and Tomato

Total Time: 4 hr

Active Time: 20 min

Yield: 4 to 6 servings

Ingredients

1 1/4 cups extra-virgin olive oil,
plus more for brushing

1 tablespoon Worcestershire sauce

1 to 2 pinches crushed red pepper
flakes

2 medium onions, sliced into 1/2-
inch-thick rounds

2 bunches scallions, roots trimmed

1 lemon, sliced

2 whole chickens, 2 1/2 to 3
pounds each, cut into 8 pieces

4 to 6 slices ciabatta bread

6 to 8 medium very ripe heirloom
tomatoes or juicy beefsteak
tomatoes, cut into wedges

Directions

Combine 1 cup of the olive oil, the
Worcestershire, red pepper flakes,
onions, scallions and lemons in a
large bowl or large zip-top bag. Add
the chicken pieces and toss to
coat. Marinate in the refrigerator
for at least a few hours.

Remove the chicken and
vegetables from the marinade and
transfer to 2 baking sheets.

Sprinkle chicken pieces well with
salt and pepper and place the



chicken, onions, scallions and
lemons onto the grill.

Put the cover on the grill to
increase the heat. The grill will
smoke like crazy, but try to resist
opening the lid for 7 minutes or so.
Open the lid, flip the chicken and
continue cooking until the chicken
is cooked through. Remove from
the grill and let rest for 5 to 10
minutes before serving.

Toast the bread and enjoy!

May Birthdays

Another year older, another year wiser!

Fritz Woolum	5/2	Sarah Veness	5/12	Charles Fowler	5/23
Alfred Baugh	5/5	Karl Williams	5/13	Karla Holmes	5/23
Theresa Ferguson	5/5	Jason Harris	5/14	Latasha Makeupson	5/24
Brandi Lewis	5/6	Chris Miday	5/15	Mark Jackson	5/24
Susan Mordigal	5/6	Joshua Shanor	5/15	Becky Sears	5/24
Chris Ballentine	5/7	Michael Windsor	5/16	David Tunney	5/26
Brendan Bogosian	5/8	Monika Cyranek	5/16	Vicki Strole	5/27
Barb Settles	5/9	Robert Behr	5/17	Laura Kamesar	5/29
Clark Earick	5/11	Kimberly Burton	5/18	Beth Thigpen	5/30
		Sue Hensley	5/21		

Healthy Habits

Staying Healthy at the Office

Do you feel too tired to exercise after a long day at work? Do you crave sweets and junk food after a stressful day? Are you frustrated, feeling like you can't stay healthy and fit because you sit at a desk? You're not alone. Here is the best way to stay in shape while working at the office.

1. Eat breakfast.

A wholesome breakfast can provide energy for the whole day!

2. Cut out sugary snacks and candies.

Instead of visiting the vending machine, bring snacks from home, such as baby carrots, cheese sticks, nuts, or hummus.

3. Bring your own lunch.

You eat healthier and save money if you prepare your own lunch.

4. Stay away from sodas and sugary drinks.

Avoid the empty calories and stick with coffee (but don't go crazy) or green tea.

5. Drink lots of water.

Spice it up: add lime, lemon or cucumber to your water bottle.

6. Move as much as you can!

Walk around the office and stretch every now and then. Take a break every hour and stand up.

7. Stand as much as you can.

It's better for your back, and burns calories. Try an exercise ball too!



8. Try to be as active as possible outside of work.

Join the gym, or go for a walk. Spend time in nature and get fresh air!

9. Get enough sleep.

Waking up refreshed and strong in the morning will help prevent bingeing and craving caffeine later in the day.

10. Put inspirational quotes or photos in your workspace.

Make a bulletin board to remind yourself of your health and wellness goals.

Spotlight of Awesomeness

Creativity at Clermont



Easterseals in Clermont County saw that many of the individuals coming to meet with case workers, attend workshops, or seek tutoring are young parents. Their children are lovely, but distracting. Megan had the idea to create a child's play area, and Dan Dennis and others helped make it happen! Now children are entertained while their parents learn how to reach success. A fellow team member stated, "What a super idea! [It is] A pleasure to work with Megan and all the staff here in Clermont County."

Branding Beat: Internal Program Directory

A Tool for You

We've heard colleagues exclaim, "I didn't know Easterseals did that!" or "I know we have this program, but what does it do?"

We've heard you, and we're responding! Introducing: The Internal Program Directory. This tool gives a big-picture overview of all programs at Easterseals, as well as a name and number to call if you or an individual you are serving needs more information.

How it Works:

Let's say you work for Veteran Services, and a family you are working shares that they have an adult relative with a disability. You know Easterseals serves adults with disabilities, but you're not sure if we can help. Whip out your Internal Program Directory, look under "Adults with Disabilities," and share Callie's phone number.

Your managers will be able to discuss the ways in which this directory should work best for you. If more questions arise, reach out to Kate Elliott.

This is an internal document, not meant for public display. It is for you to have on-hand in whatever way works best for you: printed at your desk, saved on your computer, or saved as a picture on your phone, whatever!

Thank you to the Internal Marketing and Communications Committee for their feedback and suggestions. You will receive the first version via email in the next week or so. We will use this version for a few months, and then send out a survey to learn what other tools might help you to feel more confident and knowledgeable about all of Easterseals. That's how we Connect the Dots!



New Hires Happy to Have You!

Marreya Bailey, HR & Benefits Coordinator, Gilbert
India Brandon, Direct Support Specialist, Rossplain
Earl Kersting, Accounting & Billing Specialist, Gilbert
Edward Prohett, Transportation, Rossplain

Mark Steele, Transportation, Symmes
Elizabeth Owusu-Korkor, Summer Youth Job Coach, Morgan
Fatoumata Ouarima, Summer Youth Job Coach, Morgan

Easterseals changes the way the world views and defines disability by making profound, positive differences in people's lives every day. We break down barriers to employment for people with disabilities, people facing disadvantages, and veterans, in order to build a more diverse and inclusive Greater Cincinnati.

Share your story!

P: 513.475.6795
E: kelliott@eastersealsgc.org

Connect with us!

 /EastersealsGC
 @EastersealsGC

 EastersealsGC
 Easterseals Serving Greater Cincinnati