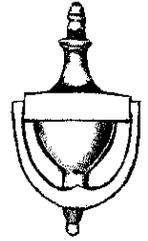


Summer of 2020

OPPORTUNITY CENTER NEWS



Superintendent's Corner

A publication of
The Seneca County
Board of Developmental
Disabilities

As we continue to navigate the world of Covid-19 things have gotten busier than ever at the Seneca County Opportunity Center (SCOC). We have been working hard to find a solution to support services and maintain safety of all those whom we serve through Early Intervention, School Programs, Adult Services, Community Advocacy and Supports, Service Support Administration and Transportation as well as the staff that provide those services. In addition, we have been restricted on what we are able to provide via state protections and rule requirements during Covid-19. We are very eager to get services up and running again. Some of that will depend on individuals with disabilities, families and supports, support staff and state rule requirements. We are currently developing plans to reopen services and allowing continued distance learning as an alternative programming option.

We have had some changes in personnel over the summer. I have accepted the resignation of Erica McMillon Director of Educational Services at the SCOC. I am excited to announce that after extensive interviews we have hired Kaleb Kuhlman as the new Director. He will be joining us from the Bowling Green, Ohio area. He has spent the last eight years working with children with emotional disabilities as well as developmental disabilities. We are also in the process of hiring an Activities Coordinator for the school.

As far as the school and adult programs go, we are working at a state level to garner support for reopening with safety protocols outlined by the state. We are holding a series of ZOOM meetings that will be open to the public to discuss our plans gather ideas from individuals and families regarding opening or continuing distant learning.

Please remember that we are all in this together and we will find solution working together. Our priority is to keep all individuals that receive support, families, and our staff safe.

Phone Numbers

SCOC—419.447.7521
SSA Office—567.938.2381
Fostoria Re-Ads—419.937.2081
Family Learning Center—419.447.7674
Early Childhood Center of Fostoria—419.436.0797

169 Board Members

David Shelton—President
Lindsay Parkins—Vice-President
Sandy Hallett - Secretary
Erin Sehlhorst
Erin Simmons
Joe Moore
Dave Culp

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Seneca County Board of DD-Seneca County Opportunity Center

Website

www.senecadd.org

2019 Torch Run and 2019 Special Olympics Highlights

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FOR MORE INFORMATION EMAIL:
kegbert@senecadd.org
OR CALL KRISTINA : (419)447-7521 ex 1146

Seneca Arrows
Special
Olympics

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ATTENTION

Due to the COVID 19 pandemic, construction was stopped at Sawmill Creek Lodge. Unfortunately, the hotel had to cancel the annual Unity Conference (typically held in November) at Sawmill Creek Resort because they will not be opening back up until next year (2021).

We are sorry that we will not be able to have our typical Unity Conference, but we would still like to celebrate self-advocacy and advocates in Seneca County.

The Unity Council is working hard on coming up with some alternative ideas that could take its place.

Please remember that everyone's health and safety are our top priority. We will keep everyone updated as Unity Council decides. For any further questions please contact Marta @ mmohr@senecadd.org or 4196-447-7521 ex 1133

UNITY CONFERENCE UPDATE



Seneca Re-Ads

Tiffin Employee
of the
Month
December 2019



Mary Blechinger

Fostoria Employee
of the
Month
December 2019



Burdella Stuckert



Tiffin Employee
of the
Month
January 2020



Glenn Mowery

Fostoria Employee
of the
Month
January 2020



Sue Krupp

Everyone reacts differently to stressful situations

How you respond to the COVID-19 pandemic can depend on your background, your social support from family or friends, your financial situation, your health and emotional background, the community you live in, and many other factors. The changes that can happen because of the COVID-19 pandemic and the ways we try to contain the spread of the virus can affect anyone.

People who may respond more strongly to the stress of a crisis include:

- People who are at higher risk for severe illness from COVID-19 (for example, older people and people with underlying health conditions).
- Children and teens.
- People caring for family members or loved ones.
- Frontline workers such as health care providers and first responders, retail clerks, and others.
- Essential workers who work in the food industry.
- People who have existing mental health conditions.
- People who use substances or have a substance use disorder.
- People who have lost their jobs, had their work hours reduced, or had other major changes to their employment.
- People who have disabilities or developmental delay.
- People who are socially isolated from others, including people who live alone, and people in rural or frontier areas.
- People in some racial and ethnic minority groups.
- People who do not have access to information in their primary language.
- People experiencing homelessness.
- People who live in congregate (group) settings.

Take care of yourself and your community

Taking care of your friends and your family can be a stress reliever, but it should be balanced with care for yourself. Helping others cope with their stress, such as by providing social support, can also make your community stronger. During times of increased social distancing, people can still maintain social connections and care for their mental health. Virtual communication (like phones or video chats) can help you and your loved ones feel less lonely and isolated.

Healthy ways to cope with stress

- Know what to do if you are sick and are concerned about COVID-19. Contact a health professional before you start any self-treatment for COVID-19.
- Know where and how to get treatment and other support services and resources, including counseling or therapy (in person or through telehealth services).
- Take care of your emotional health. Taking care of your emotional health will help you think clearly and react to the urgent needs to protect yourself and your family.
- Take breaks from watching, reading, or listening to news stories, including those on social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body.
 - * Take deep breaths, stretch, or meditate
 - * Try to eat healthy, well-balanced meals.
 - * Exercise regularly.
 - *Get plenty of sleep.
 - *Avoid excessive alcohol use and drugs.

Make time to unwind. Try to do some other activities you enjoy.

Connect with others. Talk with people you trust about your concerns and how you are feeling.

Connect with your community- or faith-based organizations. While social distancing measures are in place, consider connecting online, through social media, or by phone or mail.

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

Leadership Seneca County

In May, the SCOC had three people graduate from Leadership Seneca County! Stephanie Coppler (SSA), Brian Hess (Self-Advocate), and Nicci Drew (Early Intervention) participated all year in classes & volunteer opportunities throughout Seneca County. Graduates & their friends & families celebrated with a parade downtown last night. SCOC is extremely proud of their commitment & growth as leaders. Congratulations LSC Class of 2020!



★ ★
Congratulations
★



From the Kitchen:

Here is a fun refreshing “Go To” dessert dish for some Summertime fun everyone will love, and it is easy enough that the kids can help make it. Just make sure they don’t eat all of your ingredients before you get it put together.

Have a safe and happy Summer!

Bernie and Jen



Congratulations Retirees!

Best Wishes for a fun filled retirement!

Cindy Kiesel - 36 years as a Speech Language Pathologist.

Pat Holmer—15 years as a Workshop Specialist.

Deb Sherman—35 years as an Instructor Assistant.

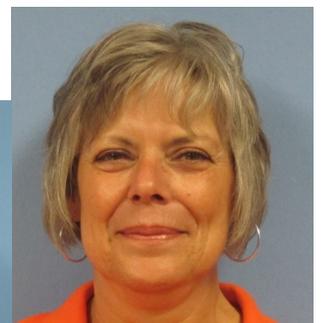
Not Pictured:

Glenn Maddy—30 years as a Service and Support Administrator

Cindy



Pat

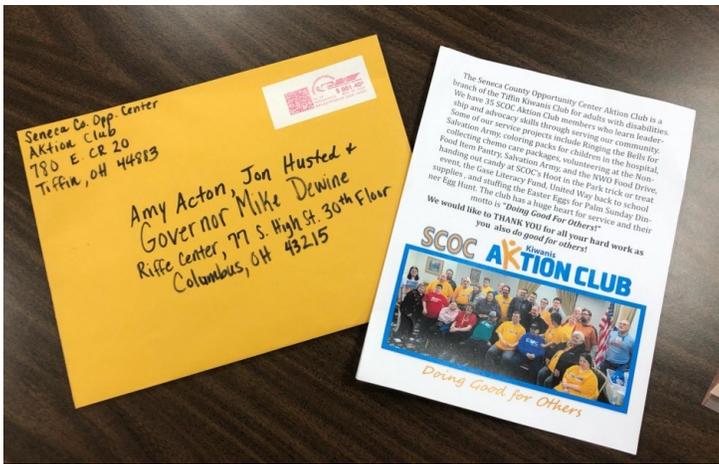


Deb

Administrative Resolution of Complaints

While we encourage everyone to resolve disagreements in an informal manner, there are those occasions when this is not possible. In the event that you have an issue you need to resolve with the Opportunity Center, there are policies and procedures in place to facilitate a resolution. If you would like further information regarding the resolution of complaints, the SCOC has brochures available describing the process. If you would like a copy of the complete information in policy form, that is also available at your request.

Aktion Club Service Project—Sprinkling Kindness!



Sheltering at home has not stopped SCOC Aktion Club from a service project! Aktion Clubbers decided to make over 215 thank you cards to send out to first responders, lawmakers, and essential employees hopefully brightening their day.

[#SCOCAktionClub](#)
[#DoingGoodForOthers](#)
[#KindnessIsEssential](#)

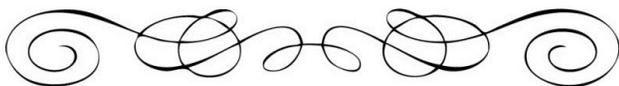


**Seneca County Opportunity Center
780 E. CR 20
Tiffin, OH 44883**



Our Mission

To improve the lives of
persons with disabilities.



2020 SCOC Calendar

- August 11 169 Board Meeting
- August 19 First Day of School
- Sept. 7 Labor Day (Program Closed)
- Sept. 8 169 Board Meeting
- Oct. 12 Columbus Day (Program Closed)
- Oct. 13 169 Board Meeting
- Oct. 22 PM–Parent Conferences
- Oct. 23 AM–Parent Conferences
- Nov. 5 Staff Training (2hr-delay)
- Nov. 10 169 Board Meeting
- Nov. 11 Veteran’s Day (Program Closed)
- Nov. 26-27 Thanksgiving Break (Program Closed)
- Dec. 10 169 Board Meeting
- Dec. 21 –Jan 1 Christmas Break (Program Closed)