

The Montgomery County Office of Developmental Disabilities
The Developmental Disabilities Committee and the Behavioral Health/Developmental Disabilities Board

Cordially Invite You to Attend
The Twenty-Fourth Annual Awards Ceremony

Thursday, March 10, 2011

Registration and Breakfast 9:00 am
Awards Ceremony 10:00 am

Westover Country Club

401 S. Schuylkill Avenue, Jeffersonville Pa



If you would like to attend the Breakfast, you may use the response card below. Please send to:

Ms. Gerry Feeny

Department of Behavioral Health/Developmental Disabilities
Montgomery County Human Services Center
1430 Dekalb Street – PO Box 311
Norristown, PA 19404-0311



REPLY CARD *The favor of a reply is requested by February 21, 2011*

Montgomery County Annual Developmental Disabilities Awards Ceremony

Name _____ Phone (_____) _____

Address _____

Affiliation/Agency _____

\$15.00 Prepaid Breakfast Enclosed is \$ _____ For _____ people at \$15 per person

(Please submit names of attendees) _____

*A Served Breakfast will include the following selections: Fruit cup, Scrambled Eggs with Home Fries,
A selection of breakfast Danish, Juice, Coffee, and Tea — No Substitutions — Tables of Eight*

Please Make Checks Payable to: Treasurer of Montgomery County

*If you would like to receive the Newsletter by email, please contact Gerry Feeny at 610-292-5040 or gfeeny@montcopa.org.
Please contact us with your ideas for the Newsletter at pgolden@montcopa.org or jgrimes@montcopa.org. All copy is subject to editorial approval
and may be edited. We wish to thank all the contributors to the newsletter; your diligence and interesting articles are appreciated.*



Montgomery County Office of Developmental Disabilities
PARTNERS FOR SUCCESS
Winter 2011

From the Desk of Eric Goldstein, *Administrator*



My Resolutions and Wishes for the New Year are:

- Bring services to those who have none
- Increase services to those who do not have enough
- Decrease anxiety for consumers, providers and County staff
- Appreciate our excellent County Supports Coordination Organization while welcoming new Supports Coordination Organizations and providing choice to our consumers and families
- Experience a smooth and harmonious reorganization of our state government
- Continue on the path to excellence in providing services to individuals and families through our ongoing collaboration with providers and other stakeholders

Let us strive, through wisdom, collaboration, and dedication to transform our resolutions and wishes into reality!

Healthy Transformations!

Barbara Brown: Her Own Story

Barbara “Barbie” Brown lives in a Step By Step community home with her two roommates, Carol and Karen. Barbie has lost an incredible 130 pounds over an 18-month period, and has gone from a size 3X to a size 12! She is extremely proud of her accomplishments and new healthy lifestyle, and she would like to share her weight loss secrets with us. Her secrets include: eating smaller portions, substituting healthier foods for junk food, not eliminating your favorite snacks, exercising, and having a “personal trainer”.



Barbara “Barbie” Brown (L), De'Yona Moore (R)

You may think that a personal trainer would be costly, but that is not necessarily true. De'Yona Moore, Residential Lead Worker, wondered, “Why couldn't a friend be a personal trainer?” So, she decided to step in and act as Barbie's trainer! As a personal trainer, De'Yona suggested healthy snacks, planned her exercise routine, and helped her prepare healthy meals. Barbie does continue to eat her favorites, orange slices and Oreos, but in moderation and they watch the Food Network together to get recipes for healthy meals. Barbie loves exercising at the Royersford YMCA; and walking in her community helps her to stay in shape.

De'Yona was so inspired by Barbie's weight loss that she decided to start her own program. She joined Planet Fitness, took her own diet advice, and has lost 70 pounds! She has gone from a size 16 to a size 12. And now Barbie and De'Yona have inspired Tammy Webb, a Residential Program Worker, to lose weight.

Barbie's transformation is due to her dedication and openness to suggestions. Her caring demeanor toward her staff has encouraged them to pursue a healthier lifestyle. Barbie, De'Yona and Tammy wish you a Happy and **Healthy** New Year!

Bob Cox: A Personal Transformation

Bob Cox looks forward to his annual physical. Because for the past five years, he has consistently received excellent reports! Bob's healthy transformation began in 2007 when he first came to live in a Lifesharing home with Access Services. At that time, he weighed 487 lbs.- today he weighs 263 lbs.!

Bob attributes his success to a healthy, portion-controlled diet, and regular exercise. He states that he avoids junk food for the majority of the time, but once a week he does look forward to a trip to Wendy's or Arby's.

When the weather is nice, he walks regularly throughout his neighborhood and enjoys playing miniature golf. When the weather is not cooperating, Bob spends time exercising at home with his therapy ball, playing Wii or going bowling. Every Monday, Bob goes to the YMCA to swim and lift weights. Every year he participates in the AIDS Walk which takes place in Center City Philadelphia; and every year completes the entire 8 miles!

Bob loves to stay active in his community; he is personable, helpful and likes meeting new people. Relationships mean a lot to Bob; every month he takes the time to visit close family friends from his old neighborhood. **Keep up the momentum Bob!**



Don't Let the Bed Bugs Bite

(Reprinted in part from an Article by Monique Shaw, PCHC)

Many people are familiar with the saying "good night, sleep tight, don't let the bed bugs bite"; however, bed bugs are real and have become all too familiar! Sadly, Pennsylvania has the second highest incidence of bed bugs in the nation, closely following New York.

Bed bugs are reddish brown, oval, and about 1/4 of an inch long. Bite marks, which resemble mosquito bites, may appear within minutes or days after contact with the bugs and appear in a straight line along blood vessels. They may resolve in three to ten days without treatment. If you believe you are having an allergic reaction, please seek medical attention immediately.

Some hints to guard against this pest

- Check all used or second hand furniture for bed bugs before bringing into your home
- Keep suitcases off the floor and bed when traveling and inspect them before leaving
- Seal mattresses in a bed bug prevention casing

Some hints to eliminate this pest

- If you've come in contact with the 'bugs', dry clothes and belongings on high heat for 20 minutes or store in a sealed plastic bag until you are able to do so
- Wash sheets and blankets at least once per week and dry on a hot setting
- Choose a good pest control company

You may contact Monique Shaw at PCHC for more information at 215-546-0300 or mshaw@pmhcc.org. PCHC also offers training on bed bugs.

For the complete article, please go to their website, www.pchc.org.

Get Connected! Community Outreach

Accurate information is essential to accessing services in the Developmental Disabilities System. We want you to have this information and warmly invite you, your family and professionals to our

Community Outreach Educational Session

Wednesday, March 30, 2011

6:30 – 8:30 PM

Chesmont Professional Building

(directly across from main entrance of Pottstown Memorial Medical Center)
13 Armand Hammer Blvd., 1st Floor, Pottstown, PA

The topics include Community Homes, Lifesharing, Day Programs, Supported Employment and Habilitation. Contact Trish Golden at pgolden@montcopa.org or 610-278-3645 if you would like to receive an e-flyer or postal mail.

Montgomery County Office of Developmental Disabilities

Montgomery County
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1430 DeKalb Street - PO Box 311
Norristown, Pa. 19404-0311
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Montgomery County Commissioners

James R. Matthews, *Chairman*
Joseph M. Hoeffel, *Vice Chairman*
Bruce L. Castor, Jr., *Commissioner*



A Transformation in Supports Coordination!

Did You Know? Consumers in Montgomery County have the option to select their Supports Coordination Organization (SCO). Previously, individuals only had one choice for Supports Coordination services – the Montgomery County Supports Coordination Organization. Individuals may select any qualified and willing Supports Coordination Organization providing services in the County. The current choices are:

EPIC Supports

2449 Golf Road, Suite 17
Philadelphia PA 19131
215-452-0300

Montgomery County Supports Coordination Organization

1430 DeKalb Street
Norristown PA 19404
610-278-3642

Partnership for Community Supports

9360 Ashton Road
Philadelphia PA 191124
267-350-4500

Quality Progressions

1339 Chestnut Street, Suite 700
Philadelphia PA 19107
267-765-2000

The goal of all the Supports Coordination Organizations is to continue assisting individuals and families to access needed supports and services in their communities.

For additional information on Registration, Eligibility and the Supports Coordination Organizations, call the **Office of Developmental Disabilities** at 610-292-5040.

CONSUMERS, FAMILIES, PROVIDERS, and FRIENDS SAVE THE DATES!

February 18

PCHC Training, Individual to Individual Abuse
9:30 AM to Noon
Southeast Area Staff Development Training Center
123 Boro Line Rd., King of Prussia, PA
Contact: Linda Ulinski at 215.546.0300

February 24

Planning for Life After High School
9 AM to 12 PM
ARC of Chester County, 900 Lawrence Dr.
West Chester, PA 19380.
Contact: Janice Miller at 610.696.8090 X200

March 10

The 24th Annual DD Awards Ceremony
9 AM to 11 AM
Westover Country Club
401 S. Schuylkill Ave., Jeffersonville, PA
Contact: Gerry Feeny at 610.292.5040

Pottstown High School First Annual Services
and Agency Information Day
12 Noon to 5 PM
Pottstown High School
Contact: Toni Rapp at 610.970.6700 X82240

March 17

PCHC Training, Orientation to WRAP
9:30 AM to Noon
Southeast Area Staff Development Training Center
123 Boro Line Rd., King of Prussia, PA,
Contact: Linda Ulinski at 215.546.0300

March 17 & 18

Max Conference, "Then, Now and Tomorrow"
8 AM to 4 PM
Doubletree Hotel in Plymouth Meeting
640 W. Germantown Ave., Plymouth Meeting, PA
Register online at www.maxassociation.org

March 30

Montgomery County Office of Developmental Disabilities
Community Outreach "System Overview and Programs"
6:30 PM to 8:30 PM
Chesmont Building, Pottstown
Contact: Trish Golden at 610.278.3645

April 15

PCHC 5th Annual Health Fair
9 AM to 3 PM
Doubletree Hotel, Plymouth Meeting
640 W. Germantown Ave., Plymouth Meeting, PA
(610.879.8300—Doubletree's Number)
Contact: Linda Ulinski at 215.546.0300

April 22

PCHC Training, Life Transition
9:30 AM to Noon
Southeast Area Staff Development Training Center
123 Boro Line Rd., King of Prussia, PA
Contact: Linda Ulinski at 215.546.0300

April 28

Transition to Adult Life
6:30 PM to 8:30 PM
Abington High School Community Outreach
900 Highland Ave., Abington, PA, Audion, 1st Floor,
Contact: Shelia Allen at 215.881.2515

May 5

MCIU Transition County Transition Council "Transition to Adult Life"
6 PM to 9 PM
Norristown Senior High School (Cafeteria), 1900 Eagle Dr., Norristown, PA
Contact: Jacki Lyster at 610.539.8550

May 5-6

Employment Support Symposium, 1st PA!
PA Convention Center, PA Convention Center
1101 Arch St., Phila., PA
Contact: Julie Sozio at 610.935.6626