



Voices for Independence

We tried to freshen up the look of our newsletter... how did we do?

If you have comments, feedback, or suggestions please contact James: jdickman@josinalott.org or call 419 866 9013 ext 109



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“Enriching the lives of persons with developmental disabilities by providing quality services, safe environments and opportunities for self-determination and community integration.”



Winter 2015

Josina Lott Represented at 2014 Awards Banquet Presented by The Arc and Camp Courageous

Two members of the Josina Lott family were honored this past September at the annual awards banquet presented by Camp Courageous and The Arc of Northwest Ohio.

Josina Lott resident Donald Burnion was the recipient of the 2014 Outstanding Self Advocate award in recognition of his community service work advancing self-determination rights for persons with disabilities at Josina Lott and People First.

People First is a membership organization founded in 1998 by a group of self-advocates who wanted to improve their ability to represent themselves and to train others in the art of self-advocacy.

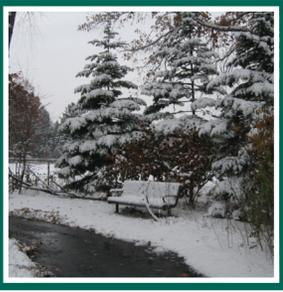
Donald is a highly visible advocate in the community; volunteering his time at the Seagate Food Bank, the Toledo Roadrunners Club, the Ronald McDonald House, and Sylvania Family Services. Donald is also a trained athlete and member of the Josina Lott Inclusive Miles Club, a running club for adults with development disabilities that encourages a healthy, active life-style. A Club member since 2013, Donald participated in the 2014 Glass City Marathon Five Person Relay. He is also involved in numerous Special Olympics sporting activities including basketball, track, and cheerleading.



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As I mentioned in my last message, there is a shift in the governing landscape of care for the developmentally disabled. I have participated in numerous workshops and discussion panels focused on the future of private intermediate care facilities (ICF/IDD) and state operated developmental centers and what changes we might expect.

The most memorable takeaway I heard was, “We may potentially see more changes in services and care for individuals with disabilities in the next five years than we have seen in the past forty years.”

It is easy to be alarmed by such proclamations. Personally, I processed this message with a sense of excitement; we are being given an opportunity to IMPROVE the lives of those we serve!

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2014 Awards Banquet Presented by The Arc and Camp Courageous

Donald continues to serve as a leader and inspiration to all of us at Josina Lott and embodies the very spirit of self-advocacy. Congratulations again Donald!

Nominating Donald Burnion for the 2014 Outstanding Self Advocate award, Josina Lott Recreation Coordinator Tonda Koszycki was also honored at the awards banquet as the recipient of the 2014 Outstanding Professional award. Tonda has held the Recreation Coordinator position for over two years at Josina

Living with fewer people in a traditional residence nestled in a secure, family-friendly neighborhood is a positive change for some. Working in a safe, qualified business setting earning a competitive wage is also positive change.

“...it is our duty to help these individuals realize their aspirations.”

I understand that we all look at potential mandates differently and share concern that these changes will pose challenges for some individuals... and even real concern that some might fail.

Lott and brings a tremendous amount of passion and energy into her job. She coordinates educational/recreational day-trips to places like Sauder Village, the Toledo Museum of Art, and the Toledo Zoo as well as special events on the Josina Lott campus including dances, bi-weekly games nights, and monthly clubs.

Tonda is also the inspiration and driving force behind Josina Lott’s Inclusive Miles Club. Not only did she start this recreational club but

I can promise you, we are not going into this with our eyes closed and even share some of these same types of concerns. However, individuals who express a desire for a “real” job or the privacy of a smaller environment – it is our duty to help these individuals realize their aspirations.

We understand there are, and will always be, challenges associated with change. At the same time, we are prepared and know that we have you as a partner in a shared objective; to create an environment where self-determination paves the way to the most fulfilling life possible!

Thank you for your continued support.

Michael M. Malone

lobbied and secured a grant to assist residents with entry fees, shirts and other race related expenses.

Since beginning this recreation and community integration program in January of 2013, the Inclusive Miles Club has participated in numerous 5K runs and doubled its membership in the program!

We are proud to have Tonda on the Josina Lott team and we welcome you to join her and our residents at this year’s Glass City Marathon in April of 2015!

*Please consider supporting Josina Lott in a Glass City Marathon event...
every bit helps to make a difference!*

Extra! Extra! Read all about it! Josina Lott has been selected as an official charity partner for the 2015 Glass City Marathon!

As an official charity partner, running enthusiasts and Josina Lott supporters have the opportunity to join in the April 26, 2015 festivities and help raise funds for their favorite charity.

Since 2009, over \$250,000 has been raised for area non-profit organizations through the Glass City Marathon. We are honored to have been selected as a charity partner for this 'crown-jewel' Toledo community event.

How does fundraising through the 2015 Glass City Marathon work?

Getting involved is easy. You can register as a single contestant or as a team; walkers, runners, and rollers of all skill levels are welcome to participate in the 5K, relay, half marathon or full marathon races. To register, simply visit the Glass City Marathon website at glasscitymarathon.org, click 'Register Now', then click the

**Jayne, Jim, and Shanna
assembling Race Packets**



fundraising tab to sign up as a Josina Lott charity sponsor.

When you register under the Josina Lott charity banner you will be given the option of setting your own fundraising goal and creating a fundraising page, which then becomes part of the overall Josina Lott marathon page and goal.

One of the most effective ways of fundraising for your race is to send out letters or emails to family, friends or even local businesses describing your participation in the marathon event and your partnership with Josina Lott. Include the link to your fundraising page so they can see your goal, progress towards your fundraising goal, and even make an online donation.

Another way to raise funds is to ask a local restaurant to donate a portion of sales on a particular evening to your fundraising campaign. This method is most effective when you can invite a large number of people to attend the restaurant the evening of your event to show their support. The restaurant may also post flyers soliciting diners to come in during your specific fundraising time slot.

Running in any of these events is very rewarding, but it will be even more rewarding when you use this opportunity to make a difference in

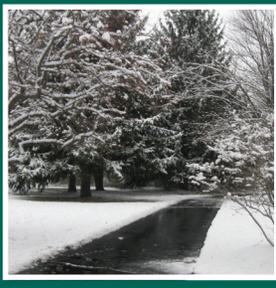


your community. Please consider supporting Josina Lott in this Glass City Marathon event... every bit helps to make a difference!

Josina Lott and the Toledo Road Runners Club – a True Partnership

The Glass City Marathon is a Toledo Roadrunners Club (TRRC) special event. Josina Lott's relationship with TRRC goes back to 2012 when residents and recreation staff began volunteering at local races as a way to promote our own Josina Lott Jog & Jaunt 5K. Our first volunteer effort in support of a TRRC sponsored event was at the 2012 Oak Openings Stampede where we handed out finisher medals and age group awards.

In 2013, residents and staff assisted the TRRC in assembling 4,000 Glass City Marathon race packets at Savage Hall. Then on race day, under ominous skies and a gully-wash of rain, Josina Lott volunteers manned a water station at the half way point of the full marathon.



In December 2013, Josina Lott formed the Inclusive Miles running club.

Inclusive Miles is a recreation and community integration program for individuals with developmental disabilities who are interested in running, walking or rolling in local marathons, half marathons, 5K races, and/or relays. Open to athletes residing at Josina Lott and in the greater Toledo community, Inclusive Miles provides free training, race fees, shoes, and t-shirts to participating members.

As a recreation program, Inclusive Miles links individuals with developmental disabilities with mentors from the Toledo area running community who provide training advice, exercise plans, and guidance to athletes training for specific events. As a community integration program, Inclusive Miles provides these athletes the full running experience in diverse venues in Toledo and the surrounding communities.



Athletes receive mentored training on Mondays and Thursdays on the campus of Josina Lott, at Second Sole in Perrysburg, and at our Metroparks in the greater Toledo community.

While the program is relatively young, our participating athletes have already experienced incredible improvements in stamina and their running times.

Since Inclusive Miles was formed, Josina Lott residents have competed and/or volunteered at the following events: Building Bridges 5K, Glass City Marathon 5 Person Relay, Run for PI, Starr Spangled Banner, Sunshine 5K, I Can Fly 5K, Soaring Eagle Boy Scout Half Marathon, and many more!

Inclusive Miles is funded in part by a grant from the Toledo Roadrunners Club with additional funding for running shoes coming from DGL Consulting Engineers. Second Sole has also contributed significantly to this program by offering athletes substantial discounts on footwear.

If you would like to participate in Inclusive Miles as a runner, mentor, or race sponsor, please contact Tonda Koszycki 419 866 9013 ext 148.



Cindy Foster, R.N., Clinical Services Director, retired on December 22, 2014 and on that day, a large part of JLR&CS' history left with her. We had only been open about 1 ½ years when she walked through the doors on April 1st, 1981. Since that day, Cindy has experienced countless highs and lows while on her journey here at JLR&CS. She often mentioned that the individuals taught her more than she taught them. They learned and grew together which made her wiser in allowing each individual to reach their fullest potential.



Her hire date could not have been a coincidence, as she seemed to always be either laughing or smiling... or singing! Cindy was quick with a laugh or a song to match the occasion. On a recent evening during dinner, the individuals seemed to be grumpy and Cindy, in an attempt to lighten the mood, asked that all conversations be done with singing. She began by singing, "Please pass the salt..." and pretty soon everyone was singing and laughing, having a much better night from Cindy's infectious good mood. Just this small example shows her special relationship with the individuals and how her positive outlook shines through, changing their frowns to smiles!

Michael Malone, Executive Director, said that "working with Cindy for over thirty years has been a pleasure and an adventure. If there is one thing everyone would mention about Cindy, it would be not only her passion for her job, but the passion for the individuals to ensure they were given the same opportunities in life as anyone else."

Cindy was always one of the first people to offer to help, whether it was to assist in serving dinner, making the dinner, or to plan the family picnic. She also made it a fun experience for those around her. One of her many accomplishments was helping with the planning of our successful 25th anniversary celebration.

Cindy commented that working at Josina Lott has been an honor, and being able to build a career at such a wonderful place blessed her with many memories that will remain with her forever. She is grateful to all the families who allowed her to enrich the lives of their loved ones. Cindy said that when she left Josina Lott, she did so knowing that the staff who remain have very similar goals of continuing the tradition of quality ser-

VICES, enriching the lives of those JLR&CS serves, and looking towards future opportunities. Cindy added that she would like to thank everyone who has been a part of her wonderful journey!

On Cindy's last day, December 22nd, we were able to pull off a surprise retirement party attended by staff, a number of board members, vendors, individuals' family members and also quite a number of her own

family, including her two grandsons, Keegan and Brenton! Those who spoke, did so from their heart, telling her what she meant to them. It was a day of both tears and laughter.

With retirement, this opens the opportunity for Cindy to accompany her husband, Eric, on some of his business travels across the country and even more importantly, the chance to hug her grandchildren more often!

Farewell Cindy, your smiles, laughter and singing will truly be missed!! Don't be a stranger!!





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Resident Spotlight: Angela Castaneda

Angela is our most recent resident, joining the family in the east residence a few short months ago. Already she is participating in new and exciting activities and has made many friends.

Angela attends River Crossings Adult Day Services and is becoming acclimated to the daily routine there. Adult day services coordinator, Dan Stephens says that Angela has a beautiful smile. She enjoys making crafts, conversing with her peers, attending outings and other functions. Dan says she especially delights in community volunteering (delivering for Mobile Meals) which by helping others, brings out that electric smile.

Many of Angie's peers enjoy stringing beads and making necklaces and bracelets. After observing for a while, Angela joined in and discovered that beading is a great way to relax while talking and sharing stories of the day's happenings with her friends.

Angela says she enjoys watching television and walking outside on the pathway. Her favorite time of the year is summertime. When asked why, she replied, because "It's nice out and I don't like the snow."

QIDP, Lori Whitehead said that Angela is a delightful addition to the house. "On any given day, Angie comes home from her day program, knocks on my door and with a huge grin says, 'I had a great day today!'" The littlest things make her happy, like being able to do her own laundry and she shows appreciation by keeping a neat and tidy bedroom where everything has its own place.

- **Full Name**
Angela Castaneda (Angie)
- **Age:**
61 years young
- **Day Program**
River Crossings Adult Day Services



Angela's Favorites:

- Color:** Purple
- Activity:** Walking on the pathway
- Car:** Convertible
- Music:** Country & Western
- Dessert:** Fudge Rounds (Little Debbie)
- TV Shows:** Bonanza, Gun Smoke, The Brady Bunch and The Walton's

Welcome Angie!