

RNI Chatter



March is Developmental Disabilities Awareness Month

Volume 5 Issue 5

MARCH 2022

Orr wins the Richland County Board of DD Bookmark Contest



March is Developmental Disabilities Awareness Month and to kick it off RCBDD sponsored a bookmark contest. Many bookmarks were created and entered, but The Chatter is pleased to announce Christine Orr at RNI, Inc. is the winner of the inaugural Bookmark Design Contest! Each first grader in Richland County public and private schools will receive a copy of the book, *Giraffes Can't Dance*, and Christine's bookmark. Christine is shown here receiving her gifts of the book, t-shirt and a laminated copy of the original bookmark she created from Troy Smith, Manager of Community Education and Special Projects at RCBDD and her LSA, Lori Barker. Congratulations Christine!



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Activities planned for March Developmental Disabilities Awareness Month

The Richland County Board of Developmental Disabilities will be having a number of events in honor of Developmental Disabilities Awareness Month. RCBDD will hold its 19th Annual Community Awareness Day on March 10th from 8 am -12:15 pm. The 25 members of the 2022 class of Leadership Unlimited will visit various locations that provide supports for people with developmental disabilities in Richland County (RNI, Inc. will be one of the stops on their tour). The 3rd Annual 'Step into Spring', a free, fun walk, will take place at the Richland Mall on March 18th. This is being held in conjunction with the Richland Mall, Richland Public Health, Richland County Children Services, and the Mansfield YMCA. Registration will begin at 10 am with the walk starting around 10:30 am. A wheelchair clinic will be held at the Longview Center, 1495 West Longview Avenue on March 31st at 10 am - 11am. Please call 419-747-4290 to schedule an appointment.



Love is in the air with an engagement at RNI, Inc.

Micol Baldini and Matthew Stimens met on Bus #5 on RNI, Inc. transportation a few years back. Then the pair began dating in October of 2020. At the Valentine's Day banquet at their church, they made the announcement that they were engaged in front of everyone. The wedding is set to take place on August 12th, 2023. Congratulations to Micol and Matt on your recent engagement.



congrats! engaged

Sexton gets creative with the Visions Group Board for the Superbowl



Kandace Sexton is posing next to the NFL logo she did for the Visions Group board in preparation for the Superbowl. Although the Vision Group was rooting for the hometown Cincinnati Bengals, they enjoyed Kandace's artwork leading up to the Superbowl. Thank you Kandace for your artwork and thank you to Della Brandt for submitting to the Chatter.



Crawford County Chargers Special Olympics exhibition game

3rd Annual Crawford County High School-Crawford County Chargers Special Olympics Unified Exhibition

Basketball Game

When: Friday, March 25th

Where: Bucyrus High School

Time: 7:00pm

Admission is Free

(Donations of non-perishables and hygiene accepted for entrance.)

Donations will be taken for Crawford County Board of Developmental Disabilities food pantry at the door. These donations will help local families that are served by Crawford County Board of Developmental Disabilities, needs include; canned goods, boxed food and drink, and hygiene products. Any monetary donations as well as concessions will benefit local Special Olympics.

Local High School and Special Olympics Athletes from Crawford County unite in two teams for a basketball game to determine who gets bragging rights for the next year.

Don't miss it!

Some of the great activities we are doing at RNI, Inc.

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DEVELOPMENTAL
DISABILITIES
AWARENESS MONTH



The weather in Ohio changes very quickly, but LSA Natalie came up with a great indoor craft. Natalie is shown here with Jason making edible snowflakes in her group. Great job to Natalie on such a creative craft that was completed by members of her group.



March 2022 Employee Anniversaries

Patty Eith	03/11/2002	20 Years
John Beal	03/10/2003	19 Years
Jennifer Huffman	03/13/2008	14 Years
Natalie Koch	03/27/2008	14 Years
Patricia Bowen	03/20/2017	5 Years
Nathaniel Crockett	03/22/2017	5 Years
Linda Johnson	03/27/2018	4 Years

Congratulations



***Patty Eith
John Beal***

THANK YOU for
your years of
service!

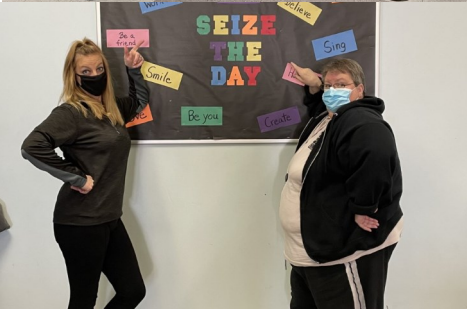
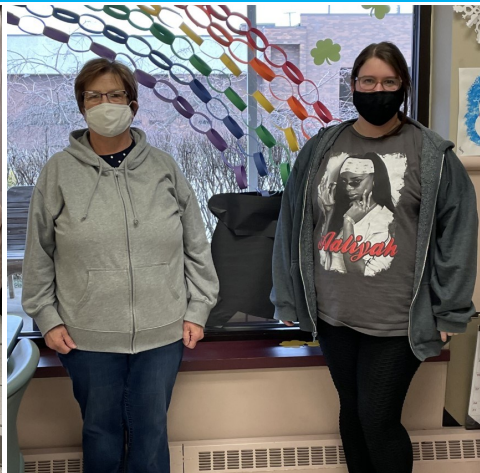
Element of Art



Element of Art Studio/Gallery Updates

The Element of Art Studio/Gallery classes with contracted artists are going on now. The art gallery is open to the public, open Monday-Friday from 10 am – 3 pm. You can also go to our website for you to be able to shop online. Check out our great selections under the Shop tab, call the gallery or email ssstickney@rniinc.com to purchase and arrange curbside delivery. It is that easy and we have some great gift ideas for family & friends.

RNI's Direct Support Professionals recognized for outstanding service



RNI Chatter



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Visit us on the Web at rniinc.com

Richland Newhope Industries, Inc.
150 East 4th Street
Mansfield, OH 44902

Phone: 419-774-4400

Fax: 419-774-4409



RNI, Inc. Team: Let's increase our presence on social media and increase our LIKES on Facebook. LIKE and SHARE us on Facebook to invite your friends to LIKE us too. UPDATED 03/02/22; we are at:

City Garden Café is at 421 LIKES, can we get to 500 LIKES, 79 LIKES to go ??

Element of Art Studio/Gallery is at 1,760 LIKES, can we get to 2000 LIKES, 240 LIKES to go ??

Richland Newhope Industries is at 1,910 LIKES, can we get to 2000 LIKES, 90 LIKES to go ??

Trillium Event Center is at 745 FOLLOWS, can we get to 1000 FOLLOWS, 255 FOLLOWS to go ??

Help us increase our social media exposure by liking and sharing our four (4) Facebook pages: City Garden Café, Element of Art Studio/Gallery, Trillium Event Center and RNI, Inc!



SAFETY starts with S, but begins with YOU...



RNI Safety TOPIC of the Month: Mental Health

Who can relate to this pic?!

Between Covid making everyone sick, the staff shortage, Winter Blues, family demands, on-line schooling...etc! Managing your stress both at home and work has certainly been an issue lately.



What happens physically to your body when stress levels are high? Funny you should ask:

BRAIN: When you feel stressed, the brain sends a signal to the adrenal glands (located above the kidneys). The signal triggers the glands to release stress hormones. These chemicals cause changes to the body to prepare it to fight or run away (the "flight" response).

HEART: Heart rate and blood pressure increase so that blood travels through the body faster. This helps deliver oxygen to make muscles work.

LUNGS: Breathing rate increases to deliver more oxygen to muscles and tissues.

SWEAT GLANDS: Stress can trigger sweat to be released from some parts of your body. Stress-sweat is different from sweat caused by being hot.

LIVER: The liver releases glucose (sugar) into the bloodstream. This powers cells in the body.

STOMACH/INTESTINES: Digestion decreases so that the energy needed to break down food can be redirected to other parts of the body.

MUSCLES: Muscles tense up throughout the body to prepare for responding with action.

Healthy Ways to help you cope:

MOVE YOUR BODY: Regular aerobic exercise, like running, activates a response that helps your body cope with emotional stress.

MEDITATE: Meditation and deep breathing exercises can help you decrease blood pressure and improve symptoms of anxiety and depression.

TAKE A TIME-OUT: Stepping away from distractions, such as social media and texting, may be stressful at first, but with practice it can help you relax.

DO ONE THING AT A TIME: If you feel overwhelmed with multitasking, try to tackle one challenge at a time.

GET SUPPORT: If you are stressed, ask for help from your family, friends, or a professional, such as a doctor or school counselor. Ask your Supervisor about RNI's Employee Assistance Program.