

RICHLAND NEWHOPE INDUSTRIES, INC.

MARCH 2023

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BY SHELLY SCHIFER

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MONTH OF MARCH

OF FEBRUARY

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RCBDD has activities planned for March DD Awareness Month

The Richland County Board of Developmental Disabilities will have a number of events in honor of Developmental Disabilities Awareness Month. RCBDD held its 20th Annual Community Awareness Day on March 9th from 8 am -12:15 pm. The members of the 2023 class of Leadership Unlimited will visit various locations that provide supports for people with developmental disabilities in Richland County (RNI, Inc. and Element of Art will be stops on their tour). The 4th Annual 'Step into Spring', a free, fun walk, will take place at the Richland Mall on March 16th. 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 and ending at 12:00 pm. This is a free event and the first 100 participants will receive a free goodie bag!



Please enjoy this story written by RNI, Inc. Support Specialist Shelly Schifer:

Last year at Larai Aichholz's annual meeting it was mentioned that she had purchased an iPad with her waiver money, but was reluctant to use the iPad because she has a Kindle and she wanted to use it instead. I offered to give her lessons to use her iPad and to teach her how to use some graphic art apps because she likes art and drawing. We chose Sketchbook as the app she would work with and I taught her how to select colors, different sized brushes and how to save her work when she was finished. We had her mom set up an email account so she could email her work and I have printed out some of her artwork. She has made a birthday card for her friend that she will give them in a couple weeks. Larai is now emailing pictures on her own and just sent me an email today without any assistance. I am so proud of her and love the artwork that she



RNI Chatter

Community Connections meets at AR Workshop in Ontario

The Community Connections group met on Thursday, February 23rd at AR Workshop in Ontario. There were 16 attendees and each person was able to paint a canvas bag as well as their name on a block of wood. A great time was had by all, stated Jill Boyd, Personal and Social Services Manager at RNI, Inc. that attended the event. Take a look at the photos below of the attendees and the great works they created. Attendee Theresa ending up knowing the family of one of the owners and has reconnected after not seeing her for a long time!

AR Workshop Ontario is a Boutique & DIY studio offering hands-on classes for creating custom, charming home decor from raw materials. Join a public workshop, or make it a Private Event! AR Workshop® will help you take your home decor to the next level and have fun while creating it! We're a perfect place to shop for that perfect gift, celebrate a memorable birthday party, corporate team-building event or the best ladies' night or date night! Call or email for details. Or visit our website's event calendar to register for the workshop session you'd like to attend."



RNI Bucks issued in the month of February

We would like to take a moment to THANK all of employees that received RNI BUCKS during the month of February:

<u>Carl Ruth</u> - Shout out to Carl Ruth! I'm not sure if anyone has recognized him for his efforts, as it would be easy for him to fly under the radar. He is very dedicated to trying to make sure all of our machines in the woodshop are maintained, in an effort to help them not break down as frequently. He makes sure they are cleaned properly, lubed and oiled, and have the correct parts. One might argue that it's part of his job, but he is also very kind and friendly while doing so. There are plenty of people who can do their job, but only a few that do it with care. Kudos to Carl!

Pat Bowen -Recognizing Pat Bowen for stepping in to take over the PreETS program in the middle of the school year at Black River High School, due to another staff person needing to step away. Pat will be at Black River to days a week starting the week of 2/20/23 through the end of their school year.

Murray gets WIP Certified



RNI, Inc. would like to recognize Sharon Murray, Department Supervisor in the Community Employment Department for achieving her WIP (Work Incentive Practitioner) Certification. Sharon would like to give a shout out to Heather McLaughlin, Administrative Support Associate for her assistance throughout the process!! Congratulations Sharon!!

Blood Drive at Trillium

The Trillium Event Center is hosting a Blood Drive for the American Red Cross on Monday, March 20th from Noon to 8 pm! You are cordially invited to participate, especially if you are an O blood type.

Here is how to schedule your appointment:

Call 1-800-RED CROSS or visit RedCrossBlood.org, Sponsor code: TEC



Blood Drive Trillium Event Center Event Center 1930 & Southern Ave. Bucyrus, 04 14820 Monday, March 20, 2023 12:00 p.m. to 6:00 p.m.

American Red Cross

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Element of Art is open to the public Monday-Friday 9am-4pm and Saturdays 10am-3pm. Classes with our contracted artists are currently in session. For sales orders or questions about our public programming reach out to us on social media, give us a call at 419.522.2965, or email gyockey@rniinc.com.

Join us for our recurring events in March: Art Happens (March 14th and 29th from 2 - 4pm) and Studio Saturdays (every Saturday from 11a - 2pm)!

There will also be a Abstract Landscape Workshop held on March 25th from 3pm - 5pm at the cost of \$25/person. RSVP recommended

Group takes a tour of Discount Parts Exchange

On a recent trip Zack Pride, Luke Trieber, and Zack and Chris Mitchell enjoyed their time touring Discount Parts Exchange. Discount Parts employs mechanics who rebuild differentials and transmissions for heavy duty trucks. They all found it interesting and learned a lot. Take a look at the great photos taken and look on Page 5 of the Chatter for other great activities that happened in February!



RNI Chatter



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

RNI Safety TOPIC of the Month: Nutrition

50TH ANNIVERSARY! National Nutrition Month[®]

National Nutrition Month[®] is an <u>annual campaign</u> created 50 years ago in 1973 by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

This year's theme is "Fuel for the Future." Eating with sustainability in mind is a tasty way to nourish ourselves during every phase of life and protect the environment.

Week 1: Eat with the environment in mind

- Enjoy more plant-based meals and snacks.
- Purchase foods with minimal packaging.
- Buy foods in season and shop locally when possible.
- Start a container or backyard garden to grow food at home.

Week 2: See a Registered Dietitian Nutritionist (RDN).

- Ask your doctor for a referral to an RDN.
- Find an RDN who specializes in your unique needs.
- Learn how nutrient needs may change with age.

Receive personalized nutrition information to meet your health goals.

Week 3: Stay nourished and save money.

- Plan your meals and snacks.
- See what food you have at home before purchasing more.
- Use a grocery list and shop sales when purchasing food.

Learn about community resources such as SNAP, WIC and local food banks.

Week 4: Eat a variety of foods from all food groups.

- Include your favorite cultural foods and traditions.
- Eat foods in various forms including fresh, frozen, canned and dried.
- Avoid fad diets that promote unnecessary restrictions.

Practice gratitude for your body by giving it the fuel it needs.

Week 5: Make tasty foods at home.

- Learn cooking and meal preparation skills.
- Try new flavors and foods from around the world.
- Find creative ways to use leftovers rather than tossing them.
- Create happy memories by eating with friends and family when possible.

RNI Chatter



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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 03/13/23; we are at:

City Garden Café is at 459 LIKES, can we get to 500 LIKES, 41 LIKES to go ??

Element of Art Studio/Gallery is at 1,863 FOLLOWS, can we get 2000 FOLLOWS, 137 FOLLOWS to go ??

Richland Newhope Industries is at 1,973 LIKES, can we get to 2000 LIKES, 27 LIKES to go ??

Trillium Event Center is at 912 FOLLOWS, can we get to 1000 FOLLOWS, 88 FOLLOWS to go ??

Visit us on the Web at rniinc.com

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 Richland Newhope Industries, Inc!



Photos of additional outings/activities from February



March Board Member Spotlight: Bianca Elder

My name is Bianca Elder and I'm excited to be featured in The RNI Chatter! Currently, I serve as the Behavior Intervention Specialist at Foundation Academy, where I have the pleasure of working aside parents and children to assist in behavior modification. I have worked in behavioral health for the past 10 years! The best part of my job is having a hand in helping, inspiring and motivating the youth!

In my spare time, I enjoy watching documentaries, listening to podcasts, traveling, and spending time with my family. I love art, comedy and anywhere with sun and sand! I'm extremely excited to be a part of the RNI, Inc. family! Thank you for welcoming me aboard!

