

December 2020



**Armstrong
Indiana
BDHP**

Behavioral and Developmental Health Program

The CONNECTION



Armstrong/Indiana BDHP
120 South Grant Avenue, Suite 3
Kittanning, PA 16201
P: 724-548-3451

Family Counseling Center
300 South Jefferson Street
Kittanning, PA 16201
P: 724-545-1234

Community Guidance Center
793 Old Route 119
Highway N
Indiana, PA 15701
P: 724-465-5576

Alliance for Nonprofit Resources
127 South Main Street
Butler, PA 16001
P: 724-431-3663

Center for Community Resources
212-214 South Main Street
Butler, PA 16001
P: 724-431-0095

Family Links
2644 Banksville Road
Pittsburgh, PA 15216
P: 412-343-7166

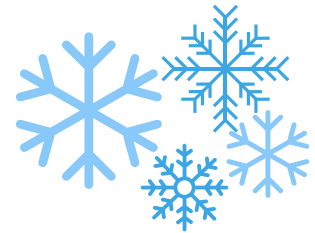
Letter from Your Agency

American novelist E. L. Doctorow once said, “You can only see as far as your headlights, but you can make the whole trip that way.” We are facing a truly unprecedented time. The COVID-19 pandemic is affecting all of our families, our providers, our communities, and our way of life. It is affecting every single one of us in different ways, yet in the same way. This is a challenging time. While many of us are feeling uncertainty in our lives, please know-the well-being, health, and safety of everyone we serve remains our top priority. We are doing everything we can to keep our individuals, their staff and our communities safe while we continue to support the needs of each and every one of us. We are closely monitoring information from government officials and health authorities.

Our hearts go out to anyone who’s been impacted by the virus, either directly or indirectly. Our thoughts are especially with those who are sick. We owe so much to the direct care professionals on the front lines working tirelessly to provide care and ensure the health and safety of the individuals they serve.

We know it is difficult to not be with our friends and family in the ways we are used to. It is hard to not be at our worksites or day programs. This is especially true as we go into the Holiday Season 2020. But we need to mitigate potential exposure and slow the spread of the virus. Right now, we need to try exercising more patience, compassion, and understanding, as we continue to make our way through pandemic. And we will make our way to the other side together! We will take it day by day. We have to remember everything we have to look forward to in 2021. Please stay safe and remember to protect each other.

Shari L. Montgomery
Intellectual Disabilities Director
Armstrong-Indiana Behavioral and Developmental Health Program
Phone 724-548-3451 Ex 605



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If you are traveling for the holidays, please follow the CDC's recommendations for traveling during the pandemic:

- Always wear your mask when traveling or out in public
- Avoid close contact with others
- Wash your hands often and use at least 60% alcohol content hand sanitizer
- Avoid contact with anyone who is sick
- Avoid touching your eyes nose and mouth.

Around Your Town



Comcast

Comcast is offering the "Internet Essentials" program to qualified households. This program offers internet service for just \$10/month and low-cost computers. If you live in an area where Comcast is available, you may qualify if:

- You are eligible for the National School Lunch Program, housing assistance, Medicaid, SNAP, SSI, TANF, LIHEAP, VA pension, tribal assistance or WIC
- You have not had Comcast internet in the past 90 days & no outstanding debt to Comcast less than a year old
- To apply call 1-855-846-8376



TechOWL

TechOWL - Technology for Our Whole Lives (formerly PIAT) helps people with disabilities explore the tools and technology they need to be independent. TechOWL offers a statewide lending library, answers questions about assistive technology, provides demonstrations, ReUse program, free special phones for people who are unable to use typical telephones, and iCanConnect for people with both vision and hearing loss.

Contact Christina Chamberlain at (412)683-7100 x 2179, cchamberlain@dasscommunity.org or TechOWL@temple.edu

UPMC Center for Assistive Technology

The UPMC Center for Assistive Technology (CAT) will help individuals locate specific products and services, from mobility products, communication devices, and environmental controls.

For information on how to get an evaluation at the CAT call (412)647-1310



Virtual Get Aways



Local Museums:

<https://thewestmoreland.org/visit/virtual-tour/>
<https://www.heinzhistorycenter.org/learn/history-at-home>
<https://naturalhistory.si.edu/visit/virtual-tour>
<https://www.wesa.fm/post/virtual-tours-story-times-and-other-online-activities-offered-pittsburgh-area-organizations#stream/>

Museums Around the World:

<https://www.louvre.fr/en/visites-en-ligne#tabs>
<http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.html>
https://www.benaki.org/virtual/kentriko/ground_floor/
<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

Zoos and Aquariums:

<https://zoo.sandiegozoo.org/live-cams>
<https://aqua.org/media/virtualtours/baltimore/index.html>
<https://www.montereybayaquarium.org/animals/live-cams>

Competence and Confidence: Partners in Policymaking 2021

Learn to work with policymakers to make a difference in the quality of life for people with intellectual disabilities and/or on the autism spectrum.

C2P2 is a FREE 9-weekend interactive leadership development training and networking series to educate, inform and develop leadership skills of Pennsylvanians who are family members of children or young adults living with an intellectual disability and/or on the autism spectrum & Adults living with intellectual disabilities and/or on the autism spectrum

Participants Will Learn:

- About local, state and national issues affecting people with disabilities;
- To foster a partnership between people who need supports and services and those who make policy and law;
- To advocate for themselves and others;
- To teach policymakers a new way of thinking about people with disabilities.

Sessions will be held virtually using Zoom. Applicants MUST commit to attending sessions on all nine weekends. In addition to nine weekend sessions, participants are required to attend an introductory session. Applications must be completed and submitted by January 8, 2021.



TO APPLY AND FOR MORE DETAILS:
disabilities.temple.edu/c2p2/c2p2-2021.html

Need mental health or emotional support?
The Support & Referral Helpline is available 24/7
Call 1-855-284-2494 or TTY 724-631-5600

If you, your family or friends think someone is mistreating you, or if someone else is being mistreated, tell someone you trust.

Call to report abuse:

ODP Hotline: 1-888-565-9435

Disability Rights Network 1-800-692-7443; 1-877-375-7139 TDD

The Power of Connection During a Pandemic

All of our lives have changed during the Covid-19 pandemic. You can't just get into a car and go visit a friend, family, or restaurant. Bored? You can't just go to the movies, bowling, to a concert, or another big social event. But what if we left it all as just that. What if we didn't try to socially connect? What if we had to rely on others to help us meet that need?

While being somewhat of a by-stander and watching our Provider Direct Support Professionals in action during this pandemic I am in awe as to how creative people have been. DSP's have known the need of being socially connected while ensuring health and safety.

DSP's have taught people receiving support how to use Zoom and Skype etc. so that they can continue to connect with family and friends. They have sat down and played games because sometimes social connection takes precedence over the laundry. They have taught people about the virus, how to wash your hands, and the importance of wearing a mask and staying physically distanced from others.

Social connection is important for our mental health. Living during a pandemic is a stressful time for many people. But think about if you did not have very many coping mechanisms. If you or I are stressed we may go for a drive, play some loud music, call a friend, exercise, or find another source of stress relief. Most of the people we support might not have these options or be able to choose from them when they are under high periods of stress. How can we proactively note when someone might be under high stress? According to the Centers for Disease Control (CDC) these may be areas to pay attention to:

- Fear or worry about your health or a loved one's health
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Worsening of mental health problems



As we are in the middle of fall facing winter ahead, we know these seasons most likely will bring heightened cases of COVID-19, as well as the Flu. It is important to ensure we continue to educate people about being socially distanced, hand washing, and mask wearing. But I also am asking you not to forget the need for social connection. There are many ways we can do this and maintain safety. Be creative, work together, and find ways to move forward in this ever-changing world.

Kelly Fisher, RN Clinical Supervisor

Waiting for COVID-19 Test Results

The Pennsylvania Department of Health recommends the following when you are waiting for your results:

- o Self-isolate to your home.
- o If you live with others, self-isolate in a private room and use a private bathroom if possible.
- o Whoever else lives in your home should also stay at home.
- o Make a list of close contacts you have had from two days before you became sick until you were isolated. Close contacts are people who have been within 6 feet of you for a period of 15 minutes or more.
- o Wear a mask when you enter general living areas. Interact with others as little as possible.
- o If you develop additional symptoms or if your symptoms get worse, notify your healthcare provider for instructions.

If you suspect you have contracted COVID-19 just stay home. additional information including video resources aimed at explaining proper quarantine procedures to all audiences, visit AIDinPA's Understanding Quarantine page.

Common Mask Issues and How to Fix Them

- 1.) My mask just isn't comfortable - Try more than one style to find the one that works for you
- 2.) My mask feels way too humid - Try cotton, it's more breathable
- 3.) My mask fogs up my glasses - Place eyeglasses on the bridge of your nose
- 4.) My mask is hurting my ears - Try a cloth-covered, softer elastic band or a strap clip



New Provider: SafeinHome



SafeinHome provides personalized Remote Support Services that can change lives by allowing people to gain independence and confidence. We combine sensor and assistive technologies and highly trained staff who support safety, decision-making skills and independence.

Discreet, easy to use sensor and assistive technologies can send alerts as determined by the family, person being supported and professionals in your Care Circle. SafeinHome's systems also use algorithms and artificial intelligence to identify activity patterns that may indicate a potential problem (as determined by the Care Circle). The sensor technology is not intrusive, only sensing activity, therefore maintaining privacy while offering the sensitivity and accuracy needed to support safety and independence. After a thorough evaluation, cameras can be used if wanted and needed.

SafeinHome provides highly detailed reports generated by the technology along with care notes provided by the Remote Support Staff. This allows for more freedom, flexibility, and peace of mind for the entire Care Circle. While SafeinHome provides 24/7 support, our systems are typically used as a complement to Direct Support Professionals. We often provide support for key times during the day where in-person staff is a challenge to find and may not be essential, just-in-case situations, overnight support, as well as many other situations.

Our overriding goal is to support people in achieving the goals and outcomes in their PC-ISP while encouraging critical decision-making skills. SafeinHome's Remote Support Staff is highly trained in working with people with intellectual and developmental disabilities. We provide consistent, friendly and encouraging support while avoiding directive language; this encourages a trusting relationship and promotes an environment where the person supported can practice making their own decisions.

Please feel free to begin an evaluation by contacting your Supports Coordinator or emailing Christina Romel at cromel@safeinhome.com or calling (412)779-3100.

-David Thom, PA Account Executive

Upcoming Events

Building Skills for Emergency Preparedness Workshop

This free workshop will help you learn how to be better prepared for emergency situations. This program is designed to assist in preserving the health and safety of everyone, but especially those individuals with Disabilities in times of disaster and the unexpected. Being prepared can save lives and help to reduce the feelings of fear and anxiety that emergencies can cause.

Thursday, December 17 at 6:30pm - Join Zoom Meeting <https://us02web.zoom.us/j/86730190846>

Meeting ID: 867 3019 0846 or call 1-646-558-8656



The Arc of Indiana County Food Distribution

Produce Distribution Pick Up Location for Individuals with Disabilities

120 North 5th Street (Parking Lot across from Holiday Beverage in Downtown Indiana)

Every Wednesday (except the 3rd Wednesday of each month) from 10:45am-5pm

For more information on ordering boxes contact Michelle Jordan Cell 814-441-7981 Office 724-349-8230

mjordan@arcindiana.org

Armstrong County Food Distribution

Food distribution occurs monthly at various sites.

Pre-registration is required. Call Armstrong County Community Action at 724-548-3408 to register and for more information.



Update for Special Olympics

We will be sending out a winter At-home Fitness Training program in December to all our athletes. This program will run from December 14., 2020 through to March 14, 2021 Interested individuals do not have to be a current athlete with an application to participate. All that are interested contact Michelle Jordan at smileincluded@hotmail.com or 814-441-7981. All who participate and mail in their fitness chart by March 14, will be mailed a gift from the program.



The program looks to have in-person Snowshoeing training at Blue Spruce Park in Indiana, tentatively starting Saturday, December 12th. For more information on what athletes are eligible to attend these trainings, with the COVID-19 restrictions and guidelines, contact Michelle Jordan, Program Manager, and Snowshoeing Head Coach at smileincluded@hotmail.com or 814-441-7981.

Tour of the Holidays Photo Contest

The holiday season is upon us. What better way to savor this time than to join Milestone HCQU West in our Tour of the Holidays! This photography contest is a way to help you enjoy all that the season offers while social distancing. A subject card will be sent out to keep track of the pictures taken. Deadline to turn in photo submissions and the card is December 11, 2020. Prizes will be awarded for the best picture and the most completed subject card. The Tour of the Holidays is open to any self-advocate in the nine counties that Milestone HCQU West serves. (Armstrong, Beaver, Butler, Clarion, Crawford, Indiana, Lawrence, Mercer, and Venango)

The Tour runs November 1 - December 11, 2020 . To register, email jschotts@milestonepa.org
In your email, include the name of photographer & address, contact person & email, agency & agency address (if applicable), and county.



Subject cards will be mailed to each Tour of the Holidays photographer.

Outdoor Items

- Decorated Porch
- Decorative Figure (other than Santa)
- Candle in a window
- Star
- Reindeer
- Decorated Mail Box
- Decorated Streetlight
- Snowman
- Snowflake
- A Holiday Word (Joy, Peace, Happy, etc ...)



Holiday Scavenger Hunt

- Clothing with a Holiday Theme
- Tinsel
- Wreath
- Something with a snowflake on it
- Something that Jingles
- Cook book or recipe
- Bow
- Handmade gift
- Cozy Slippers
- Something that lights up

Indoor Items



My ODP Podcast

The MyODP Podcast is the latest form of outreach and capacity building from ODP. It consists of an audio series on a dedicated topic with a targeted audience in mind. Each podcast in our first series, A Supporter's Toolbox, has a duration of 7-10 minutes and focuses on getting tools to Direct Support Professionals (DSPs) and other supporters. Each episode will be informative and personally and professionally engaging. Capitalizing on the micro-learning concept in adult learning best practices, this first series will offer information in a short and readily digital format.

How Do I Listen?

Visit us on the MyODP Podcast page to Listen!

<https://www.myodp.org/mod/data/view.php?id=28133>

