



NVTC NEWS

SPRING 2009

FEBRUARY 2009-MAY 2009

NORTHERN VIRGINIA TRAINING CENTER

DAVID H. LAWSON FOUNDATION ACHIEVES NONPROFIT TAX EXEMPT STATUS!

Contributed by: Joy Felegie, Grants and Special Projects

Several years of hard work were rewarded on April 3, 2009, when the Board of Directors of the David H. Lawson Foundation was pleased to receive notification that it had received tax exempt status from the IRS. The Foundation is exempt from Federal income tax under section 501(c) 3 of the Internal Revenue Code and has been further classified as a Public Charity.

The David H. Lawson Foundation honors the lifelong commitment of David H. Lawson, former NVTC Facility Director from 1973 to 2000, to serving persons with intellectual disabilities. With this legacy, the Foundation is committed to the mission of promoting access to health and habilitation services for people with developmental and/or other intellectual disabilities (DD/ID).

To accomplish this mission, the Foundation plans to pursue goals such as:

- Developing human resources to increase expertise in services to people with DD/ID.
- Enhancing service delivery options to address diverse and individualized needs and choices.
Offering specialized medical and habilitation support to enhance health and quality of life.

The vision of starting a foundation in honor of David H. Lawson began years ago but it was not until 2007 that significant progress was accomplished. Credited with establishment of the Foundation are the initial Directors, Joy Felegie, Linda Muniz, and Margaret Graham as well as the Foundation's attorney Michael A. Williams of the Stephen's Law Firm. We also wish to recognize August Bequai and Dr. Mark Diorio for their contributions.

The David H. Lawson Foundation is in the formative stages of development and asset enhancement, but it has a big vision for the future. We are a friend to NVTC as well as to other organizations that serve persons with DD/ID. We look forward to continued growth to provide charitable donations and enhance the quality of life of the persons we are committed to serving throughout the Northern Virginia region.

Advancing our mission of "promoting health and habilitation services for people with DD/ID" lies not only in our ability to partner with local, State and national organizations, but also in our ability to build a circle of caring and compassionate friends to support future growth. If you would like to contribute time, talents or financial resources, please contact us at:

The David H. Lawson Foundation
9901 Braddock Rd.
Fairfax, Virginia 22032
703-323-2009

FACILITY DIRECTOR'S CORNER

In the next few paragraphs I hope to summarize the months of work by hundreds of people across the Commonwealth. The culmination of this hard work will occur on July 1, 2009, when three (3) significant events will align to guide the work of supporting Virginians with disabilities for years to come.

The first event is the transition of the name of the Department of Mental Health, Mental Retardation and Substance Abuse Services (DMHMRSAS). Effective July 1, 2009 the Department's name will change to the Department of Behavioral Health and Developmental Services (DBHDS). Below is the press release issued by DMHMRSAS on March 30, 2009:

DMHMRSAS COMMISSIONER ENCOURAGES OTHERS TO CONSIDER THEIR USE OF THE "R-WORD"
National advocacy day works to eliminate derogatory use of "retarded" in casual conversation

Richmond - March 31, 2009 marks a national day to bring an end to the use of the "R-word" in casual conversation. Led by the Special Olympics, "Spread the Word to End the Word" is meant to encourage people to stop using forms of the word "retarded" in a derogatory manner that is offensive to individuals with intellectual disabilities, their families and others. "People often use the word 'retarded' or 'retard' in casual conversation without realizing how hurtful it can be to individuals with intellectual disabilities," said DMHMRSAS Commissioner James Reinhard, M.D. "The use of 'retarded' in a derogatory sense contradicts remarks of families who say their special needs family member lives a fulfilled life and is a source of joy and inspiration to others. I hope people will take this occasion to consider the prejudicial and inaccurate nature of this word."

In the 2009 Session, the General Assembly passed legislation to change the name of the Department of Mental Health, Mental Retardation and Substance Abuse Services to the Department of Behavioral Health and Developmental Services. The new name eliminates the term retardation, more broadly reflects the department's mission, and allows flexibility to grow into other service areas, like autism. The name change will be effective on July 1, 2009. "Although our department's name is not intended to be disparaging, the use of the term retarded is out of date and insensitive to individuals with intellectual disabilities," said Reinhard. "We are grateful to the General Assembly and the many advocates who supported this name change."

The second event is the advancement of person centered practices to support people with intellectual disabilities. With the help of a Federal Government Systems Transformation Grant the Virginia Person Centered-Practices Leadership Team and the Virginia Systems Transformation Grant Resource Team developed "Virginia's Principle's of Person-Centered Practices". There are five (5) Person-Centered principles: 1. Listening, 2. Community, 3. Self-Direction, 4. Talents and Gifts, and 5. Responsibility. These principles are the foundation of all Person-Centered supports and services that are coordinated for individuals with intellectual disabilities. These principles are also the cornerstone for building the new Individual Support Plan (ISP) that will be used across the Commonwealth beginning July 1, 2009. At NVTC we will no longer be coordinating the annual development of an Individual Habilitation Plan (IHP). Instead each individual and their planning partner(s) will have the opportunity to participate in the development of an Individual Support Plan (ISP).

(Cont'd page 3)

WELCOME!

February

Stephanie Young- Nursing Services
 Elizabeth Leeth- Nursing Services
 Sadiatu Dumbuya- Nursing Services
 Diane Winter- Nursing Services
 Judith Thomas- Food Services
 Joel Donkoh- Food Services
 Shirley Dormeus- Residential Services
 Gloria Asiedu- Residential Services
 Sweetie Nsiah-Ababio- Residential Services
 Florence Taylor-Lane- Residential Services
 James Jamison- Residential Services
 Bernard Boateng- Residential Services

March

Corey Scott- Psychology Services
 Felicia Nash-DeBraux- Health Services
 Isabell St. Clair- Accounting
 Federico Centellas- Food Services
 Dallow Turay- Social Services
 Eva Manu- Residential Services
 Shane Sauer- Residential Services
 Elbert Grigsby- Residential Services

May

Maria Melady Estebal- Nursing
 Katherine Stevenson- Nursing
 Beth Porter- Skills Training Center
 Dwendolyn Woody- Residential Services
 William Effianh- Residential Services
 Solange Nainkabandi- Residential Services
 Anna Nguyen- Residential Services
 Richard Smith- Residential Services
 Nicole Ruser- Residential Services
 Shoshana Spiro- Residential Services
 Tyrone Simpson- Residential Services
 Lakesia Harrington- Residential Services
 Sarah Herbst- Residential Services
 Michelle Thornton- Residential Services
 Ariane Shagbazi- Residential Services
 Lashanda Williams- Residential Services
 Vanessa Willaims- Residential Services

April

Tammy Gatling- Security
 James Roberts- Security
 Lanfia Waritay- Residential Services
 Sam Jalloh- Residential Services
 Shirley Bansah- Residential Services
 Meron Minas- Residential Services
 Jacqueline Green- Residential Services
 Su Lee- Residential Services
 David Frimpong- Residential Services
 Segun Oladejo- Residential Services

Correction:

In the Winter 2009 newsletter new hire Ms. Holly Young, who joined us in Occupational Therapy, was accidentally left off of the list for January 2009.

CONGRATULATIONS! NVTC EMPLOYEES OF THE MONTH

Administrative and Support Services

February 2009- Glenna Darlington, Training Department
 March 2009- Barbara Whitehead, Dietician
 April 2009- Margie Bratton, Human Resource Department

Clinical Services

February 2009- Barbie Burton, Recreation Department
 March 2009- Irma Palencia, Tailor Senior
 April 2009- Jim Kuhagen, Psychology

Residential Services

February 2009- Lynnette Parrish, Team Leader Home 6A
 March 2009- Terefe Belete, Transportation
 April 2009- Dorothy Henry, DSP/Mentor Home 4C

WELCOME!

Karen Hilger, RD began work at NVTC on April 27, 2009. Karen and her family live in Vienna. She did her undergraduate work at Rutgers University and Dietetic Internship at Beth Israel Medical Center in Brookline, Massachusetts. She will be supporting the individuals who live on Home 3C, 5A and 5C. Please stop by the Dietitian's office in building 2 to meet Karen Hilger!

Reminder:

4th Annual 5K Race Into Autumn Saturday, August 29th

For more information about the race, registration or how to make a donation, please visit:

www.active.com

keyword: Fourth Annual Race into Autumn

THERAPEUTIC HORSEBACK RIDING

Contributed by: Veronica Laughman, Therapeutic Recreation Department

For almost 5 years now, NVTC has been able to support participation in Therapeutic Horseback Riding for some of the residents through fundraising activity and civic group donations. We started at Frying Pan Park with two riders and one program horse. When that program folded, Lift Me Up! Inc. was able to grandfather us into their program. Since then we have expanded to 6 riders in the program. Each individual that participates in this program seems to really enjoy it and, for some, it is one of the highlights of their week. At this time we are in desperate need of financial support to continue to participate in this very beneficial program. Currently there are 5 individuals riding who are in need of financial support to continue. The annual cost for five riders to participate in the program is \$11,000. Some of the benefits of this therapy include improved posture and sitting balance, increased verbal interactions with staff and peers, decreased aggression, improved overall mood, and increased strength and flexibility. Most of these benefits are seen while on the horse which is why we do not want to discontinue this program. This is a wonderful identifying activity. Each of these individuals has moderate to profound intellectual disabilities, yet while on horseback, parents, friends, and staff are amazed at how quickly that label seems to disappear. It is a joy to watch. Any donation amount would be greatly appreciated. If interested please contact Ashley Bowen 703-323-4079 or Veronica Laughman 703-323-2050. The needs are listed below.

Session	1 rider	All 5 riders
Summer Session 2009	\$350	\$1750
Fall I Session 2009	\$350	\$1750
Fall II Session 2009	\$350	\$1750
Winter Session 2010	\$600	\$3000



From left to right: Instructor Kristen, Mark and Horse Lee.



From left to right: Volunteer Brynn, Fernando and Horse Lee.

NEWS FROM PARENTS AND ASSOCIATES

Parents & Associates of NVTC is a 501 (c)3 organization. We are the families and friends of NVTC whose goal is to promote the welfare and development of the residents of NVTC as well as all persons living with intellectual disabilities.

We strive to provide support and assistance to the Director and Staff of NVTC serving on Center, Community, and State Planning committees; advocating for the needs and concerns of NVTC residents. We are strong advocates for the full continuum of services, including residential care in training centers.

Through annual dues and fundraising projects, Parents & Associates has provided funding for a hydrotherapeutic swimming pool, sports court, nature trail, pavilion, ambiance funds for living areas, as well as many more benefits that enhance the lives of the people who live at NVTC. At the May Board meeting the Board approved \$32,021 for Wish List items to benefit residents at the Training Center.

TWO NOTES OF INTEREST:

1. If you would like to be added to the Parent e-mail list, contact Copresident Jane Anthony janthonyjane@comcast.net
2. See the NVTC Parents & Associates Membership Form - we need your support for 2009-2010.

See the enclosed Membership Application and Appeal for 2009-2010

EMPLOYEE WELFARE FUND

Contributed by: Employee Welfare Committee

NVTC's Employee Welfare Fund Committee (EWF) sponsored an Easter Raffle event from March 26th thru April 8th; employees purchased guesses for how many "bunny corn candies" were in a container. The person who came closest to the number won an Easter Basket filled with candies and toys for both young and old. Our lucky winner was Ross Anderson from our Procurement Department.



On May 21st NVTC's Employee Welfare Committee said "thank you" to their employees by serving refreshing lemonade. The following recipe was used:

- 3 hours of sunshine (12:30-3:30pm)
- Large cups
- Forecast: 75 and mostly sunny
- Lemons and more lemons
- Chat with coworkers
- Endless supply of ice
- Cost to employees: FREE

CIRCUS FUN!

Contributed by: Merrilee Seidman, Physical Therapy Department

On April 12, 2009, Jason Woody from Home 1, at the NVTC, had a great time watching the elephants, tigers, and listening to the Ring Master teasing the clowns at the Ringling Brother's Barnum & Bailey Circus at the GMU Patriot Center. Jason enjoyed going out in the beautiful spring weather with his sponsors Merrilee Seidman, from the Physical Therapy Department, and her husband Paul Bousel.



From left to right:
Jason, Paul and Merrilee
at the Circus!

FACILITY DIRECTOR'S CORNER CONT'D

The third statewide event is the implementation of the Support Intensity Scale (SIS). Developed by the American Association of Intellectual and Developmental Disabilities (AAIDD), the Support Intensity Scale is a tool to evaluate practical support requirements of a person with an intellectual disability. This assessment will be completed with one third of NVTC residents for each of the next three years, and it will be repeated at least every three years. The SIS will be an important planning tool for each person because the SIS provides a detailed summary of supports required for each individual to participate in specific activities that are essential parts of life. For more information about the SIS, please refer to this website, <http://www.siswebsite.org/>.

As a result of these three (3) statewide changes there will be a period of transition for all of us in the Department. When the Department changes its name from DMHMRSAS to the Department of Behavioral Health and Developmental Services (DBHDS) there will be a period of transition for all web sites, letterhead and email addresses. We may have a few bumps in the road, but overall it will progress smoothly with the help of all our business partners. The most exciting transition will be the implementation of the ISP and the SIS. We will be transforming our processes to be more person-centered as we work with individuals and their planning partners to develop effective support plans with individual outcomes. This is a great opportunity to learn even more about the people we support and will greatly enhance our ability to help people LIVE LIFE.

Mark S. Diorio Ph.D.
Facility Director

3RD ANNUAL NVTC WALK-A-THON

Contributed by: Glenna Darlington, Training Department

The NVTC Mentor Program sponsored the 3rd Annual Walk-A-Thon on May 13, 2009. The walk was in honor of those who lost their lives at Virginia Tech in 2007. We encouraged individuals to get involved, enjoy the weather, exercise and socialize. The Walk-A-Thon started at the pavilion where drinks and snacks were offered to participants before or after the walk. The walk route was one time around the Perimeter Road. The first year just about 100 people participated in the walk. Last year, there were more than 282 participants, and this year there were 351 participants! Maroon and orange ribbons and a Mentor Program t-shirt were given to each participant.

Thanks to all who came out and many thanks to the Mentors who sponsored the event.

The NVTC Mentors are:

Home 3A: Karen Sun, Beatrice Asare-Donkor, Erlinda Nascimi

Home 3C: Kadiatou Saracini, Antoine Elliott, Janet Adomako

Home 3D: Kathy Cooper and Jeffery Washington

Home 4A/6C: George Mashood, Shirbey Whitehurst and Alpha Jalloh

Home 4C/7C: Dorothy Henry, Lawann Smith, Noemi Tejada

Home 5A: Constance Anochie, Janet Laval, Linda Lovelace, Foster Asante, Yaa DaCosta

Home 5C: Paul Adjei

Home 6A/7A: Evelyn Auguste, Sharon Looney-Bush, Abie Sesay, Patrick Kanu, Vincentia Galley

Home 8A: Andrea Jenkins, Nancy Morris, Debora Robinson

Home 8C: Angela Williams, Sampha Kanu, Rick Oden

HUMAN RESOURCES DEPARTMENT NEWS

Contributed by: Human Resources Department

- Open Enrollment Season- The Training Center had its 3rd Open House for our health care providers on May 6, 2009. Vendors from Anthem, Delta Dental, Medco, Value Options and Kaiser Permanente participated. The vendors reported an above average crowd of employees and were pleased with the response this year. We are already planning for next year! Thanks to our employees for participating.
- With the start of the May 25, 2009, Pre-Service Training Class, NVTC launched the 4th Annual Summer Hire Program. This program targets college students who are pursuing an education in a related field and are not looking for summer employment. Summer Hire Employees have been assigned to work in the following departments; Human Resource Office, Speech, Recreation, STC, and Residential Services.
- Job fairs:
 - NVTC participated in the Corporate Gray Job Fair on March 20, 2009. Corporate Gray links employers with transitioning of former military personnel and civilians. There were a total of 74 companies and government agencies who participated in the event. Over 600 job seekers pre-registered; with a total of 1,100 job seekers attending the job fair that day.
 - NVTC participated in the 5th Annual "Envision Your Success" Mega Job Fair on March 28, 2009. The event was sponsored by the Fairfax County Skill Source Group, Inc., and the Business Development Assistance Group. Over 3,000 job seekers and entrepreneurs took part in the exposition. The planning staff extended a special "Thank You" to NVTC for their sponsorship. We would like to extend our thanks to the following NVTC staff for their participation and support with this job fair; Mark Diorio, Joe Rajnic, Lori Hood, and Laura Small. We would like to give a special "Thank You!" to Laura's goddaughter Brook Price who passed out numerous NVTC recruitment brochures.
- The HR department attended both Job Fairs and was very pleased with the turn out. They were able to get numerous resumes from potential candidates and assist with educating the community about NVTC.

TEAM 7 NEWS

Contributed by: Lori Hood, Home 7



Home 6A gentleman TK, Phil, and Stephen visited the Great Wolf Lodge in Williamsburg, VA in February 2009. They REALLY liked the Wave pool - not to mention the great food! In March Robbie, Brad and Peter took a trip to Lancaster, PA to visit the Amish country. They enjoyed the Sight and Sounds Theater and tasting Dutch country food.



Home 4C Rose Way is always on the go so call before you come to visit! Most likely they will be out shopping, eating at local restaurants, going to local parks or visiting the beauty shop. The Mentors (MT) and Direct Support Professionals (DSP) are busy thinking of ways to create opportunities to get the ladies more involved in the community. They plan to take extended trips to Luray, Sandbridge and other local area hot spots!



Home 6A is planning a trip to Sandbridge Beach from May 18 - 21. Scott, Bo, and Mike, along with the support of DSP's, MT's and the TR staff, will vacation in one of the oceanfront condos. They plan to do a lot of sightseeing and relaxing by the waves!



Team 7 had a wonderful staff appreciation luncheon on March 24th and 25th. Our theme was "Rain or Shine, We are Appreciated". Team 7 would like to thank all the departments for the support they provide to the residents all year long.

Home 7 would also like to acknowledge the following staff promotions: Justin Osei, MT and Vincentia Galley, MT. We would like to welcome the following new staff to our Team: Walthall Odom, Aisha Bundu-Wurie, Tina Asante, Margaret Akomah, Shane Sauer, Rita Mensah, and Corey Scott. Welcome to all!

VOLUNTEER APPRECIATION OPEN HOUSE

Contributed by: Volunteer Services Department

On April 7, 2009 Volunteer Services hosted the 2009 Volunteer Appreciation Open House to thank everyone that volunteered at NVTc in 2008. To help make the event a success, and give something back to the volunteers, we reached out to businesses in the community for donation of door prizes. Volunteer Services would like to thank the following businesses for their contribution to the Volunteer Appreciation Open House. We encourage our staff and volunteers to patronize the businesses that support their community's endeavors.

Potbelly Sandwich Works	Hilton McLean
Sterling Wal-Mart	Bonefish Grill in Fairfax
Jerry's Pizzaz and Subs in Fairfax	Rappahannock Cellars
Great American Restaurants	Wegman's in Fairfax
Cheescake Factory in McLean	Metro Run and Walk in Falls Church
Reston Target	Hyatt Regency Reston
Liberia Wal-Mart	Tarara Winery
Burke Target	National Amusements Theaters
Sterling Target	

WEIGHT MANAGEMENT

Contributed by: Barbara Whitehead, Dietician

Recently a position paper was published on Weight Management. The summary reads: *It is the position of the American Dietetic Association that successful weight management to improve overall health for adults requires a lifelong commitment to healthful lifestyle behavior emphasizing sustainable and enjoyable eating practices and daily physical activity.*

The conclusions in this position paper are based on examination of evidenced based information by an expert work group.

Here's a sampling of some of the points made in this document:

- obesity means higher risk for diabetes, dyslipidemia, coronary artery disease, hypertension, gallbladder disease, osteoarthritis, sleep apnea, certain cancers, etc.
- goal directed & process oriented behavioral therapy helps to attain weight loss
- an energy deficit is essential for weight loss (less calories!)
- reducing the size of portions of foods is a strategy that works
- low fat &/or low carbohydrate diets both work to lower calories
- carbohydrate below 35% of calories is not recommended
- physical activity reduces health concerns
- physical activity is crucial to prevent re-gain of weight
- small amounts of weight loss (even as little as 5%) can significantly improve health risks
- knowledge of calorie needs is helpful in developing strategies for weight loss
- Body Mass Index is helpful to assess weight status

The entire document can be accessed at: <http://www.eatright.org/ada/files/wmnp.pdf>

"NVTc FOOD AND LIFESTYLE"

Contributed by: Tom Burgess, Food Services Department

1. Food Service should start renovations to a new style of cook chill in May '09. Besides new retherm carts and refrigerated holding capacity in the homes, practically all food service production equipment will be replaced. Also, 2 new dish machines are being put in place as well as one new exhaust hood and fire suppression system.
2. "Gaining, or Losing, 1 pound".

One pound of body fat equals about 3,500 calories, so losing 1 pound requires a 3,500 calorie deficit. The opposite is true for weight gain. The following describes how an average person might gain or lose weight:

To gain 1 pound: if you added 250 calories from an extra sandwich, salad, or bag of chips to your normal eating plan daily, without changing your activity level, how long might it take to gain one pound?

3,500 calories = 1 pound of body fat

3,500 calories + 250 calories per day = 14 days or 2 weeks.

To lose 1 pound: if you burned 100 extra calories by walking about 30 minutes during your lunch hour 5 days a week - without changing your calorie intake - when would that pound come off

100 calories per day x 5 days = 500 calories per week

500 calories per week x 7 weeks = 3,500 calories burned

3,500 calories = 1 pound of body fat loss in 7 weeks.