

## IMPACT ON CENTRAL AND SOUTHEAST OHIO

Fall 2018

### Chi Gong Class Benefits Adult Day Program

#### Community Volunteer Provides Free Weekly Program to Adult Day

Seventh Degree Black Belt, Steve Hatfield, is a community volunteer who provides a free, weekly Chi Gong class to our Adult Day program in Mount Vernon.

#### Community Volunteer

Steve Hatfield is a lifelong resident of the Knox County community. He holds the rank of Seventh Degree Black Belt and has studied the Martial Arts for over thirty years. He has been teaching professionally since 1986 as owner, operator, and Head Teacher of the Panther Kenpo Karate Studio in Mount Vernon, Ohio.

Steve volunteers his time for several organizations in Knox County, including Easterseals' Adult Day Program in Mount Vernon.

For years, Steve has provided a free, weekly Chi Gong class to our Adult Day program participants. Chi Gong helps our individuals with range of motion and social skills. For those that cannot physically participate, they are still engaged with Steve as he makes it a point to visit and interact with each individual while instructing.

Michael Ann Cox, Adult Day Coordinator, says, "Steve has a very calming effect on everyone. He is very mild mannered and everyone responds to him very well. Even those who do not particularly enjoy group activities, will join in with Steve."

The benefits of Chi Gong are endless. It reduces pain and improves mood and physical functioning more so than standard stretching exercises. It also reduces stiffness, stress, hypertension and high blood pressure.

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**"Steve has a very calming effect on everyone. Even those who do not particularly enjoy group activities, will join in with Steve during his Chi Gong class."**



*Steve teaching our Adult Day program participants Chi Gong.*

## Turkey Trot Logo

### Early Intervention Artwork Featured in 2018 Logo

Each year, the Columbus Thanksgiving Day Turkey Trot logo features turkey themed art created by our Early Intervention program.

#### Run. Walk. Give Back.

The Chase Thanksgiving Day Turkey Trot is the original turkey trot in Central Ohio. The event is coordinated by Ultrafit-USA, who has been a generous partner of Easterseals for several years. This event is our second largest event of the year and raises over \$40,000 for our programs and services.

The race takes place in Upper Arlington, Ohio and has become a Thanksgiving Day tradition for many families. Participants can choose from a 5 mile run or a 2 mile walk. There's also a 100 yard dash, known as the "Tot Trot", which is perfect for children.

Every participants receives a pumpkin pie, a finisher's medal,

and a long sleeve, dry fit, shirt featuring the custom turkey artwork created by a child in our Early Intervention program.

#### Turkey Artwork

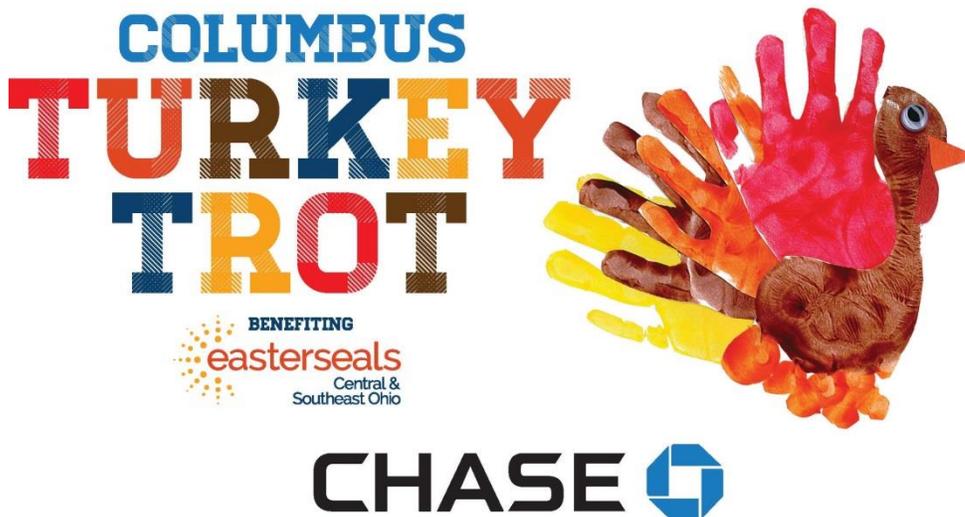
Each year, our Early Intervention classrooms submit turkey themed artwork to be considered for the Turkey Trot logo. Using artwork made by our program really makes an impact on the race participants as it gives a deeper purpose to their participation in the event. Our Early Intervention program focuses on making the first five years of a child's life truly count, as these are the most crucial years to their development. The program encompasses education, art, and pediatric therapy to make sure children with disabilities get the support they need to start school alongside their peers.



*Lia, our 2018 Turkey Trot logo artist.*

Even using your hands and feet to create turkey art, such as Lia's artwork, helps children build essential fine motor skills that is crucial to their overall development.

Register you and your family for the Turkey Trot at: [www.ColumbusTurkeyTrot.com](http://www.ColumbusTurkeyTrot.com)  
Use code: ESFF for \$6 off



Each year the Columbus Thanksgiving Day Turkey Trot features turkey themed art created by a child in our Early Intervention program.

*Lia's turkey artwork featured in the 2018 Turkey Trot logo.*

# Advocating for Long-Term Care Patient's Rights

## Long Term Care Ombudsman Advocates for Patient's Rights and Needs

When the Winter family began to experience problems with the nursing home their mother was staying in, they called our Region 6 Long Term Care Ombudsman team to review these issues.

### Patient Rights

Ms. Winters had been living in the nursing home for six years when they did a new assessment on her care that increased her monthly payment, leaving her with very little money each month. Her son was not happy with the new assessment and did not agree with the outcome of the assessment done by the nursing home.

Needing help to advocate for his mother, he contacted Easterseals' Region 6 Long Term Care Ombudsman team to review his mother's case. Ombudsman Specialist, Jamie Vinson,

took the case and worked diligently to resolve the issue. Ms. Winter's son said, "Ms. Vinson was a true professional from the start. She spent a good amount of time with me, and my Mom on the phone and in person. She then went with us to the facility management and advocated for my Mom's rights."

### Advocating for Individuals

After speaking with facility management and advocating for Ms. Winters, our Ombudsman Specialist was able to get the nursing home to do a re-assessment of Ms. Winters' needs.

A new assessment was completed and Ms. Winters did not need the help the facility had stated she needed in the prior assessment. Therefore, her bill was lowered and appropriate services for her care were arranged.

"It means the most to me to help and advocate for

### Nursing Home Resident's Rights

- Participate in planning your care and making choices about your daily life.
- Adequate and appropriate care.
- Be treated with dignity and respect, regardless of where you make your home.
- Be free from physical, verbal, mental and emotional abuse.
- Be free from physical and chemical restraints.
- Receive reasonable notice before a room or roommate change.
- Not be discharged except for reasons specified in the law and to have a hearing.
- Be free from financial exploitation and to manage your personal affairs.
- Participate in community activities of your own choosing.
- Receive visitors at any reasonable hour.
- Control who has access to your medical records.

residents so they receive the best care and service always," said Jamie on why she loves her job.

If you or a loved one need help filing a nursing home complaint, or need more information, contact our Ombudsman at 1-800-536-5891.



## Thanksgiving Day Turkey Trot

### A family tradition for over 30 years!

Join us Thanksgiving Day for the Original Columbus Turkey Trot. Choose from a 5 mile run or a 2 mile walk. Every participant receives a pumpkin pie! Use code "ESFF" and receive \$6 off your registration.

Register at [www.ColumbusTurkeyTrot.com](http://www.ColumbusTurkeyTrot.com)

# Ways to Make an Impact

## Ways to Get Involved and Show Your Support

### Ways to Give

**Donate:** make a contribution online, over the phone, or mail us a check:

Attn: Development Department  
3830 Trueman Ct.  
Hilliard, OH 43026

**Donations made to this address stay 100% local here in our community.**

**Shop at Kroger:** Register your Kroger Plus Card in the Community Rewards program in support of Easterseals. Our ID is IT726

[www.krogercommunityrewards.com](http://www.krogercommunityrewards.com)

**Shop on Amazon:** Shop on smile.amazon.com and designate Easterseals as your Amazon Smile charity. Easterseals will receive a portion of the purchases you make on Amazon.

### Volunteer

#### At an event:

**Romancing the Grape** – assist with set-up, silent auction, and wine pouring.

**Turkey Trot** – assist with registration, medals, and water.

**Bag Stuffing:** Help us stuff race goody bags throughout the year for Ultrafit-USA races.

**Office:** Assist with mailings, filing, etc.

### Join us at an Event

#### **Turkey Trot** – November 22, 2018

Join us Thanksgiving morning for a 5 mile run or 2 mile walk through Ohio State campus and Upper Arlington.

**Register:** [www.ColumbusTurkeyTrot.com](http://www.ColumbusTurkeyTrot.com)

#### **Romancing the Grape** – April 27, 2019

Enjoy fine wines and culinary delights from Columbus' finest restaurants in the exclusive Huntington Club of Ohio Stadium.

**Purchase Tickets:** [www.RomancingtheGrape.org](http://www.RomancingtheGrape.org)



*Jump right in and volunteer with us!*

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**Easterseals changes the way the world defines and views disability by making profound, positive differences in people's lives everyday.**

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### Contact us!

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