



THE HELPING HANDS CONNECTION

OCTOBER 2026 | MONTHLY COMMUNITY NEWSLETTER



Growing together through care, independence & connection

A message from our team

As the fall season begins, we are grateful for the individuals and families who trust Helping Hands of Ohio, and for the direct support professionals who show up with patience, skill, and compassion. Our focus remains person-centered support: listening first, honoring individual choices, protecting health and safety, and creating more opportunities to participate in community life.



With appreciation,
The Helping Hands of Ohio Leadership Team

OCTOBER SPOTLIGHT

Celebrating Value and Talent

October is National Disability Employment Awareness Month. The 2026 national theme recognizes what people with disabilities bring to workplaces and communities. We celebrate each person's gifts, preferences, goals, and right to pursue meaningful opportunities. Supporting independence begins with asking: "What matters most to you?"



How we support everyday goals

CARE | CHOICE | COMMUNITY

01

PERSONAL CARE



Homemaker/Personal Care: support with daily routines, wellbeing, and skills for independence.

02

ADULT DAY SERVICES



Engaging daytime supports that emphasize choice, social connection, and meaningful activities.

03

TRANSPORTATION



Non-Medical Transportation that helps individuals connect with approved destinations and activities.



October at a glance



AWARENESS & EDUCATION

ALL MONTH Disability Employment Awareness Month

ALL MONTH Breast Cancer Awareness Month

OCT 4-10 Fire Prevention Week



PROGRAMS & COMMUNITY

OCT 17 Planned fall community outing; participating families and staff should confirm final details with the program team.

OCTOBER FOCUS Safe, healthy routines and meaningful community engagement.



Building a Brighter Tomorrow, Together!

Our Extended Community Vision

Through Helping Hands GLOW Foundation, our extended community vision includes opportunities for youth, families, and veterans. Look for future updates as programs and partnerships develop.



Focus Areas for a Stronger Community

YOUTH | FAMILIES | VETERANS

01



YOUTH OPPORTUNITIES

Expanding opportunities for youth through mentorship, skill-building, and community engagement.

02



FAMILIES SUPPORT

Creating and strengthening opportunities for families through programs, resources, and community partnerships.

03



VETERAN INITIATIVES

Supporting our veterans with resources, connections, and opportunities to build stronger, more inclusive communities.



More to Come!

Look for future updates as programs and partnerships develop.



Together, we can create more opportunities, stronger connections, and a brighter future for our entire community.



YOUR MONTHLY WELLNESS UPDATE

OCTOBER 2026 | HEALTH, WELLNESS & SAFETY

Monthly Health & Wellness Alert

Fall respiratory illness season: act early

Colder weather brings more time indoors, where respiratory infections can spread. This month, we are highlighting flu prevention, noticing changes in health, and responding quickly when support is needed.



Three habits that protect health

01

PLAN FOR PREVENTION

CDC recommends a flu vaccine each season for people age 6 months and older without a

contraindication. Ask your healthcare professional which seasonal vaccines are appropriate for you.



02

PRACTICE EVERYDAY PROTECTION



Clean hands often, cover coughs, avoid close contact when sick, clean frequently touched surfaces, and improve airflow where possible.

03

NOTICE CHANGES AND SPEAK UP



Fever, new cough, unusual tiredness, reduced eating or drinking, or a change

from someone's normal behavior should be shared promptly with their care team according to the person's plan.



CARE-TEAM SAFETY REMINDER

Medication changes, missed doses & new symptoms

Staff should follow current orders, training, nursing delegation (when applicable), service plans, and agency procedures. Do not independently change medications. Promptly communicate missed or refused doses, errors, new symptoms, and other concerns; complete the required incident and service documentation.



More October health and safety notes



BREAST HEALTH AWARENESS

For people at average risk, the U.S. Preventive Services Task Force recommends a screening mammogram every two years from ages 40 to 74. Screening needs may differ based on personal history and risk; discuss with a healthcare professional.



A SMALL WELLNESS GOAL

Choose one manageable daily action: a short accessible movement break, a healthy snack, or time to connect with someone. Follow individual healthcare and support plans.



FIRE SAFETY: CHARGE SAFETY

Fire Prevention Week (Oct 4–10) focused on lithium-ion battery charging. Use manufacturer-approved chargers, charge on a firm surface away from bedding and exits, and stop using devices that swell, leak, or overheat.

Check smoke alarms and review evacuation support needs, including assistance someone may require during an emergency.



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A New Way to Reach Us!

IMPORTANT OFFICE UPDATE

Our office number has changed!

419-534-0677

Please save our new number and update your contact list.

STAY CONNECTED

Questions or service updates?

Call our office at the new number
for general agency questions.

SAME COMMITMENT

Still here for our community

Thank you for being part of the
Helping Hands family!

A NOTE FOR READERS

This newsletter provides general educational information, not medical advice or an official Ohio DODD Health & Welfare Alert. Individual support plans, medical orders, and required agency/state procedures still apply.



Your rights. Your voice. Your safety.



RIGHTS REMINDER

Every person deserves respect and choice

Individuals receiving developmental disability services have rights under Ohio law, including dignity and privacy, participation in decisions, access to care, freedom from abuse, and the ability to raise concerns without retaliation. We encourage everyone to speak up and ask questions.



If something does not feel right

IMMEDIATE DANGER

Call 911. Protect the person from immediate harm.

LUCAS COUNTY MUI

419-381-5206 (business hours) | 419-380-5100 (after hours / holidays).

OHIO DODD

1-800-617-6733 (business hours) for abuse/neglect concerns.
You may report anonymously.

DISABILITY RIGHTS OHIO

1-800-282-9181 for disability-rights advocacy or assistance.



The complete Ohio rights list must still be provided and explained as required. Ask our team for an accessible copy and help understanding it.

Everyday communication matters



For individuals & families

- Tell us about health changes, new medications, allergies, or upcoming appointments.
- Confirm transportation, outings, and schedule adjustments with your program coordinator.
- Share a goal, concern, or suggestion. Your feedback helps shape services.



For direct support professionals

- Review each individual's current plan, safety supports, and communication needs.
- Document services accurately and on time, using approved systems.
- Follow reporting procedures promptly for incidents and health concerns.



Reach Helping Hands of Ohio

OFFICE

419-534-0677

After-hours line: 419-654-3718

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Need an accessible or large-print version?
Please contact the office.

The Heart of Helping Hands

A special thank-you to our direct support professionals



THANK YOU, DSPs!

We may have celebrated DSP Recognition Week in September, but our gratitude lasts all year.

Your patience, compassion, reliability, and commitment help make everyday life safer, brighter, and more meaningful for the people we support.

You are the difference behind the care.

Thank you for showing up, building trust, honoring individual choices, and creating moments of joy. Each contribution matters, and our entire Helping Hands community appreciates you.

Some of the Faces Behind the Care

Recognizing some of the people who make Helping Hands special



**YOUR
CARE
MATTERS**

**THANK
YOU!**

To our entire team: we see you, we value you, and we appreciate you.

With gratitude, The Helping Hands of Ohio Leadership Team

Celebrating the People Behind the Care



FIELD MANAGER

OCTOBER EMPLOYEE SPOTLIGHT

NaStosha Turner

Creative spirit. Thoughtful teammate. Growing leader.

NaStosha brings a special kind of care to Helping Hands: the ability to make people feel seen, supported, and celebrated.

"Her creativity creates joy, and her initiative strengthens our team."



Making Moments Matter

From imaginative event decorations to birthdays and thoughtful surprises, NaStosha uses her gifts to create unforgettable moments. She brings fresh ideas to life and makes sure the people around her feel special. Those moments build connection, belonging, and lasting happiness.



Leadership in Action

As Field Manager, she is growing in confidence and initiative. NaStosha works proactively to address concerns in the homes we support and helps strengthen preventative practices that promote safety, consistency, and quality care.

NaStosha, your contributions do not go unnoticed. We are grateful for your imagination, compassion, and the leader you are becoming. Thank you for helping make Helping Hands a place where people feel valued and celebrated.

With appreciation, Sasha Clayborne & the Helping Hands of Ohio Team

Helpful Links & Resources

Explore trusted organizations and programs that support individuals with disabilities, families, and caregivers.



CDC flu guidance

Latest information on flu prevention, vaccination, and staying healthy this season.



NFPA fire safety

Fire safety tips and resources for home, work, and community settings.



Ohio rights law

Information about disability rights and legal protections in Ohio.



Lucas DD reporting

Guidance and forms for reporting concerns to Lucas County Developmental Disabilities.



DOL Disability Employment Awareness

Resources and information about disability employment and inclusion from the U.S. Department of Labor.



USPSTF breast screening

Recommendations and information on breast cancer screening from the U.S. Preventive Services Task Force.



Knowledge strengthens
our community.

These resources can help you stay informed, supported, and empowered.