



# CCDS the connection

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## Come Visit Our New Websites!

### CCDS and Quantum Unveil Their New Websites with Much Anticipation

After months of grueling work and much patience, both CCDS and Quantum have brand new websites. And what a powerful statement they make for our organization and businesses!

Have you seen them yet? Go to [www.ccds-sav.org](http://www.ccds-sav.org) and [www.quantuminc.biz](http://www.quantuminc.biz) to see what we're talking about.

On the CCDS website, we used bright colors to promote a happy and cheerful vibe. We used tons of pictures showcasing the individuals we serve in their day-to-day activities. Our goal for both sites was to create an easily accessible, user-friendly site that truly showcased what we're all about. We wanted visitors to feel the joy and passion that the staff feels for each consumer and understand why we come to work every day. CCDS and Quantum offer a unique service to Savannah and we want everyone to know about us!

On the Quantum website, we used darker, bolder colors to simulate a strong business and professional feel. Yes, Quantum is a non-profit and focused on our mission as well, but we also operate three commercial businesses that are just as competitive and efficient as other businesses in the area. The Quantum site also boasts many pictures of the staff and consumers and provides menus, price lists and even a job application form in a downloadable format.

There are contact forms on both sites for any questions or comments you may have, as well as a photo directory of both key staff and Board members. The Marketing and Public Relations Departments will be updating the sites as events, news and changes come about.

We hope you will take a few minutes and visit the sites.

Coastal Center for  
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& Quantum, Inc.  
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(912) 644-7500 MAIN  
(912) 644-7525 FAX

Quantum Inc.  
is a subsidiary corporation  
of  
Coastal Center for  
Developmental  
Services, Inc.

[www.ccds-sav.org](http://www.ccds-sav.org)  
[www.QuantumInc.biz](http://www.QuantumInc.biz)

## Celebrating 10 Years of “Community”

On June 17, Georgia Regional Hospital hosted an event organized by LIFE, Inc. to celebrate the 10 year anniversary of the Olmstead Decision which opened the doors to community-based opportunities for people with disabilities.

The keynote speaker for the celebration was Sue Jamison, lead attorney in that landmark Supreme Court case, *LC & EW vs. Olmstead* in 1999. In her message to the attendees, she urged the group to continue to advocate for more inclusion in every aspect of life for individuals. “Don’t let the Court’s ‘YES’ become a ‘MAYBE!’” she warned.

Other speakers shared similarly positive messages



and maintained the push to keep pressing on toward the goal of total inclusion. A representative from the state wanted to leave the group with “hope that we will continue to use the resources we have to honor the rights and wishes of individuals and to collaborate with others to make it happen.”

The event was well attended and included providers, families,

consumers, and WTOC-TV representation.

CCDS participated with forty (40) consumers and staff members from the various departments of CCDS and Quantum making their way to the pavilion at Georgia Regional. After a round of great speakers, there was a cookout where attendees enjoyed hot dogs, hamburgers, cake and lemonade. Everyone had a great time.

### THE OLMSTEAD DECISION

*In 1999, the Supreme Court ruled in LC & EW vs.*

*Olmstead that it is a violation of the Americans with Disabilities Act for states to discriminate against people with disabilities by providing services in institutions when the individual could be served more appropriately in a community-based setting.*

## You’re Invited to Get Involved

Coastal Center for Developmental Services has been serving adults with developmental disabilities in the Savannah area for over 30 years. Many changes have taken place during that time but only with the support and interest from our community can we continue to carry out our mission. The economy is tough right now, resources are tight, and budget cuts are being made left and right.

A gift at any level will enable CCDS to continue to provide support and services to the individuals we serve so that they will be able to work in the community, earn paychecks, and

be a positive contribution to our society and economy. In turn, you can claim tax deductions for your charitable gift.

Has someone with a disability touched your life in some way? We invite you to help us carry out the mission that we are so passionate about. If you would like more information about our organization, please contact:

Amanda Webb, Director of Marketing  
(912) 644-7475



**SEVERE WEATHER PROCEDURES** are practiced regularly in drills throughout the year. Workers in both Quantum and the Administration Building (including Day Habilitation) follow strict safety procedures which will be used in the event of a real severe weather emergency. The Health Services Coordinator not only keeps records on the drills, but is contacted directly by the Chatham Emergency Management Agency (CEMA) when threatening weather may affect us.

# Project Search: 1st Year Success Stories

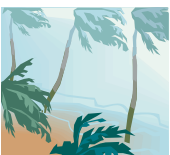
School has finished for the summer and the graduates of Project SEARCH can look back on an exciting year filled with invaluable experience in the medical field. Although the economy has caused a freeze on hiring for many businesses, three graduates secured jobs and the others boast resumes that anyone would surely envy.

“The most rewarding aspect of this experience was that most jobs / intern sites were not just made up for them,” explained CCDS Employment Specialist Lorraine Mitchell, who job coached daily throughout the year. “Each intern was given an opportunity to work a *regular staff position*.”

This year’s training areas included: Sterile Processing, Radiology, Rehabilitation, Gastro-Intestinal, Hyperbaric Wound Unit, Dietary, Pulmonary / Diabetes, Day Surgery, Children’s House, Emergency Department, Transport, Central Supply, the Laboratory and the Pharmacy.




Those in jobs will continue to receive supports from Community Employment Services (CES) at CCDS as long as they have their jobs. The remaining interns / high school graduates will continue in their pursuit for the right employment opportunity with CCDS available for assistance.

This project has been an eye-opening experience about exploring the potential of individuals with disabilities when given the opportunity to expand skills in new environments. St. Joseph’s / Candler, the



**FLOODING** in the Savannah area can be a problem. A torrential seasonal downpour can cause impassible flooding in several areas throughout the city for hours. The Transportation Department at CCDS takes this seriously and works with case managers and families to avoid the danger when the waters rise.

Hired!!

**Emergency Room Unit Service Assistant**  
The first Project SEARCH intern to be hired now works in Candler Hospital's Emergency Room stocking patients' rooms, stocking supply carts, making beds, transporting patients, retrieving supplies from the laboratory, sanitizing stretchers and cleaning patients' rooms.

**Sterile Services Technician Assistant**  
He now works at the Georgia Skin Center assembling surgical supplies, sterilizing surgical trays, sorting surgical instruments and wrapping trays.

**TRACE at Hunter Army Airfield**  
He received most of his training in the Inpatient & Outpatient Imaging Unit as a service assistant. He also stocked the CT and MRI areas with linens and supplies and assisted their patients. In Diagnostics, he helped film library purge old films. In Central Supply, he broke down supply pallets, shelved supplies and delivered supplies throughout the hospital.

Savannah-Chatham Public Schools, Vocational Rehabilitation and CCDS worked together to design a unique program with a variety of valuable training.

Cindy Burns, CES Supervisor, is excited about the program’s success and feels it will influence job development for her program.

“We’re really thinking outside the box now, beyond the traditional jobs that have been our mainstay for so many years,” Burns

shared with excitement. To help in that creative process, new CES job developer Beth Wasdin brings with her an impressive 15-year resume of developing jobs in the Savannah community.

The second year of Project SEARCH begins in September with a new group of high school seniors eager to trade their school classroom setting for a once-in-a-lifetime internship experience.

## HEALTH CORNER

WITH  
**Corliss Hines**

*If you're worried and you can't sleep, just count your blessings instead of sheep!* Sadly, that only works in Hollywood movies. Occasionally, we all have difficulty falling to sleep due to that bill we are trying to figure out how to pay or that piece of pizza with extra cheese and garlic we just can't seem to digest. Sleep is a valuable commodity; we can't live without it.

Looking for ways to facilitate sleep? Here are a few tips:

**1) Rub a dub-dub, sit down in the tub!** There are few things more relaxing than a good soak. Forgo the shower which will only wake you up. Opt for the totally relaxing warmth and add a few drops of lavender and some calming music (don't put your radio too close to the tub! We would like to see you tomorrow!)

**2) Warm milk has an instant tranquilizing effect.** Milk contains (tryptophan) an amino acid that is also found in turkey and can cause drowsiness. You can spice up your milk with

## In Search of Mr. Sandman



vanilla flavoring or if you really hate milk try a cup of chamomile tea.

**3) How about a little noise?** I'm not talking about a rock concert. Something quiet and soothing like "white noise." Adding "white noise" into the background can actually help you sleep. These steady, quiet sounds will block out other, more disturbing noises that might keep you awake. Plus, once you are asleep, you'll be less

likely to wake up from other noises. Try keeping a fan blowing at night – a cool bedroom is more conducive to sleep anyway. Or, try putting some relaxing music or natural sounds, especially something that can be set on a timer. You can buy CD's that play gentle rain, waterfalls or wind noises.

**4) Are you tense or stressed?** Lighten up. Alternate tightening and relaxing your muscles start

from your head and work your way to your toes. Do some deep breathing exercises; breathe in through your nose and blow it out your mouth.

**5) Develop a nighttime routine and stick with it!** Go to bed around the same time every night including weekends. Do something consistently that your body will learn as signals to settle down for the night and wake up feeling refreshed the next day.

**6) Exercise!** Regular fitness and nutrition are directly linked to improved sleep. If you decide to exercise, make sure it's not right before bedtime!

Make a promise to yourself to make changes today and you'll sleep better in nights to come.



## Taking An Official Stand

Coastal Center for Developmental Services and Quantum Inc., have officially adopted a Drug Free Workplace stand. The goal is to foster safer, drug-free and more healthful workplaces to protect employees' health and safety.

Since the Fall of last year, staff have participated in hours of training about the dangers of drug abuse, identifying substance abuse, and how to enhance prevention programs. Additionally, CCDS / Quantum participates in a random drug testing program. Our agency pledges to maintain a safe, healthy, drug-free work environment for the people we serve at all times.



**HURRICANE THREATS** are a fact of life on the Georgia coast in the Summer. Fortunately, there's usually several days' notice before a strike occurs, so preparation is the key. The National Hurricane Center website ([www.nhc.noaa.gov](http://www.nhc.noaa.gov)) offers tracking information as well as tips to help you prepare. Locally, CEMA ([cema.chathamcounty.org](http://cema.chathamcounty.org)) is a key source to local information on warnings and possible impact on public safety in the coastal community.

## Employees of the Month

Quantum cornered the market the past couple of months with two of its staff members winning the coveted Employee of the Month award. Gift cards and a sign to designate their favorite parking spots were just a couple of the perks for the honorees.



May's honor went to **Helen Von Waldner** whose finesse in Quantum Catering brings a smile to the face of anyone who has tasted any of her delectable creations. Whether she's adding her flair to a catering order or guiding a consumer in learning a new kitchen task, Helen devotes whatever time is needed to make each effort a success.

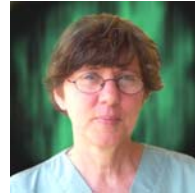


June's Employee of the Month was awarded to **Lette Walsh** whose skills have earned her the leadership role in various departments over the years. As the manager of Quantum Specialized Assembly, Lette continues her 25+ partnership with Gulfstream Aerospace and leads a crew of capable consumers in assembling wiring units for every Gulfstream jet. Her expertise has earned the trust of Gulfstream and has helped in the acquisition of wiring assembly contracts with JCB. Lette's tireless efforts, accuracy and diligence helps to keep major industries supplied and caringly challenges her workers to excel every day.

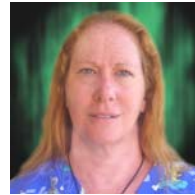
## Welcome, New Staff!



**Beth Wasdin** joined Community Employment Services with 15 years of job development success in the field of developmental disabilities. She hit the ground running and has already secured placements for our folks who want to work in community jobs.



**Cathy Rolland** started in Day Habilitation and quickly learned the ropes with enthusiasm. Her class loves her creativity and enjoys all that she does for them!



**Lynda Roark** joined the Day Habilitation staff at the end of Spring. A mother of two and grandmother of two, Lynda stays busy in her "down time" by indulging in her favorite pastime — riding Harleys!



**Cindy Sikes** is the newest staff member in Day Habilitation and hails from just north of Los Angeles, CA. A fan of the fun of Las Vegas, she is quickly becoming an avid admirer of our eastern beaches.

## Working to Give Away A Little Holiday Cheer

When the opportunity to help others in need was first presented to the Savannah Chapter of People First, they eagerly began planning a fundraiser. Three years later, the fundraising commitment to the children of Greenbriar remains just as strong.

This year's People First car wash at Moe's across from the Oglethorpe Mall netted a \$350 sum toward the purchase of presents for Greenbriar's Christmas in July program. Additionally, a donation drive (coins and toys) during the month of June and early July brings in more items for the children.

"They continuously want to make a difference in the lives of others," People First advisor Ginger Davenport shared, praising the participants. "It's a good lesson for us all."



**EVACUATION AND AFTERMATH** can be confusing after a disaster, but CCDS remains committed to being an integral part of the lives of the people it serves. This includes safety during the actual event, and once the danger is over, locating needed services and supports. Keeping case managers (for consumers) and supervisors (for staff) informed of current emergency contacts is essential before the information is actually needed. Is your information current?



**P. O. Box 13607  
Savannah, GA 31416**

# Calendar and Job Announcements

## HOLIDAYS

**JULY 3  
Holiday**  
CCDS & Quantum will be closed in observance of Memorial Day.

**SEPTEMBER 7  
Holiday**  
CCDS & Quantum will be closed in observance of Labor Day.

## EVENTS

**AUGUST 12  
Annual Board Luncheon**  
The CCDS and Quantum Boards will have their annual meeting and luncheon.

**OCTOBER  
CARF Survey**  
CARF surveyors will visit CCDS as part of the accreditation process.

## REGULAR MEETINGS

**Advisory Council on Community Resource Development (ACCORD)**  
Will take the summer off, returning to meeting on the 3rd Thursday of every other month in September.

**People First  
3:00 - 4:00 PM**  
Meets on the 3rd Wednesday of every month in the Quantum cafeteria.

## JOB OPPORTUNITIES

### Part-Time Drivers

The CCDS Transportation Department is hiring **PART-TIME DRIVERS** for daily morning and afternoon routes transporting consumers.

See the receptionist for an application and complete job description.

June 2009						
S	M	T	W	T	F	S
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4
5	6	7	8	9	10	11

July 2009						
S	M	T	W	T	F	S
28	29	30	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

August 2009						
S	M	T	W	T	F	S
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

September 2009						
S	M	T	W	T	F	S
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3
4	5	6	7	8	9	10



**CLOSINGS DUE TO SEVERE WEATHER** typically coincide with public school closings during the school year, but it is always best to stay tuned to local radio and television stations to know for sure. Listeners may find information as early as 6:30 AM, with updates announced throughout the day. Detailed information is found in the Consumer Handbook and is also distributed each Spring by the Health Services Coordinator as a reminder.