

# actodd Updates

News and information from Athens County Board of Developmental Disabilities

Spring 2023

## ACBDD dedicates new sensory rooms to VFW

Veterans of Foreign Wars Post 9893 is more than a social club for U.S. military veterans and their families. The Albany post is a major community benefactor, raising funds for everything from college scholarships to a new digital sign outside the Albany Fire Department on Washington Road. And for the past five years, the post has been especially generous to Beacon School.

Earlier this year, the post presented Beacon School with \$15,000, all generated from the fifth annual Polar Bear Plunge at Lake Snowden earlier this year. That donation brought the Albany VFW's support for Beacon School to \$54,000 over five years.

Recent renovations of the sensory rooms were completed largely with the proceeds from last year's Polar Bear Plunge. Special thanks goes out to the ACBDD's Facilities crew, especially Rex Maccombs, for the assembly of the new play set in the active sensory room.

The rooms were dedicated to the VFW earlier this year. During a dedication ceremony, tokens of gratitude quickly piled up as Beacon students and staff presented cards, posters and expressed their appreciation to Albany VFW Post 9893 Commander Brian Johnson and the VFW.



## ACBDD Board Members

The 2023 ACBDD Board Members (who are all volunteers) dedicate an enormous amount of time and energy to help ensure the ACBDD is well positioned for the future – while still meeting the challenges of today. The ACBDD is grateful for their commitment, and we look forward to the good work they will do in 2023.

*Front row, left to right:* Dr. Carolyn Bailey Lewis, Katie Conner. *Second row, left to right:* Dr. Jason Jolley, Dr. Leonard Allen, Pam Bond, Margaret Demko, Supt. Kevin Davis and Barry Oches.



# Please join us in welcoming our most recent hires!



**Amy Ankeney**  
Paraprofessional



**Timby Ashcraft**  
Paraprofessional



**Diana Cleland**  
Paraprofessional



**Tracy Clem**  
Custodian



**Zach Daniels**  
Transportation &  
Facilities Aide



**Connie Elliot**  
Paraprofessional



**Barbara Flowers**  
Substitute Nurse



**Betsy Morgan**  
Driver



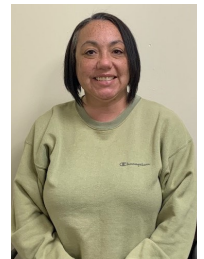
**Hannah Rowan**  
Camp Director



**Brittany Stammler**  
Instructor Assistant



**Danielle Ward**  
SSA



**Melissa Walker**  
SSA

**Amy** began working in child care in 2002, obtained her Child Development Associate’s in 2011 and was a Lead Teacher at “Rainbow Child Care, Too!” in Hilliard, Ohio. She is working in the Preschool 1 classroom this year.

**Timby** was formerly an in-home childcare provider and bus driver for Athens City Schools. She will be serving as a one-on-one support in the Primary 1 classroom.

**Diana** was previously a home health aide and most recently a DSP with HAVAR. She will be a classroom Paraprofessional in the Primary 2 classroom.

**Tracy** has vast experience working in schools and healthcare facilities. She is described as compassionate, dedicated and a hardworking person who keeps the buildings and all facilities sparkling clean.

**Zach** transitioned from Bus Driver to the full-time Transportation & Facilities Aide. In this new role, he’ll still help out with the bussing needs, but he will also work on projects and any facilities-related needs. He’ll be assisting Chris Linscott, Director of Facilities & Transportation, in daily operations as needed.

**Connie** has lived in Athens County for over 25 years and has a CHBS Certificate in Medical Office Billing & Coding. She has experience in customer service and is a one-on-one Paraprofessional in the Primary 1 classroom.

**Barbara** is a Registered Nurse with 32+ years of nursing experience at Doctor’s Hospital and Nelsonville-York City Schools.

**Betsy** lives in Athens and is an experienced city transit and school bus driver. She is known for her dependability and care with children.

**Hannah** previously served as the Assistant Camp Program Director. She is now ready to serve as Camp Director for 2023. She brings recent classroom experience as well, having worked the past year as an Intervention Specialist Teaching Fellow at Eastern Elementary.

**Brittany** has been a Paraprofessional at Beacon working in the Intermediate 1 and Primary 2 classrooms since 2021. She has six years of experience as Lead Paraprofessional for Upper Arlington Schools, and ten years as a Provider with the Franklin County Board of Developmental Disabilities.

**Danielle** lives in Athens and has a Bachelor’s degree in Psychology. She brings experience in case management from her time working with youth and their families with Health Recovery Services.

**Melissa** previously worked with Integrated Services as a Community Behavioral Healthcare Worker, Athens County Children Services as an Intake Caseworker and Hocking Correctional Facility. She holds a Bachelors in Public Administration and an Associates in Human & Correctional Services.



# ACBDD's community outreach efforts resume

As our community (and the rest of the world) slowly transitions back to pre-COVID-19-pandmic activities, we are grateful to be involved! If you see us out and about, be sure to stop by and say hello. We appreciate any opportunity to share information about what the agency does, how we do it, and ways we help others. Below are some of our recent outreach efforts.

## Job Fair

We were grateful to participate in the annual Job Fair hosted by the Athens County Department of Job and Family Services. PersonnelPlus Director Angela Carter, along with Employment Specialist Heather Clemons, attended and shared information about openings within the agency and supports provided by PersonnelPlus.



## KidFest

We were also very excited and honored to once-again participate in the Athens County Children Services KidFest event. As always, the event was a wonderful demonstration of community collaboration. We were grateful to attend and represent the ACBDD, the Service & Support Administration Division, and Beacon School.



## Social Services Resource Fair

Also, we recently had the pleasure of representing the ACBDD, PersonnelPlus, and Integrate Athens at the first-ever Athens County Social Services Resource Fair at the Market on State. This was another event organized by the Athens County Department of Job and Family Services.



**Future outreach efforts include: Participation in WATH/WXTQ Party Line and the Back to School Bash. If you have an event you'd like us to attend, please email [info@athenscbdd.org](mailto:info@athenscbdd.org).**

# Superintendent continues work on statewide hardship committee

Throughout 2023, Supt. Davis will continue serving on a statewide hardship / financial assistance committee (led jointly by DODD and the OACB).

This group is tasked with helping to position the state's DD system for a sustainable financial future. The group recently proposed a statewide metric system designed to measure a county board's financial health.

The next phase of the proposal is to outline what happens when a county board enters financial hardship. This work started, in part, due to Supt. Davis's concerns about the financial sustainability of



county boards of DD statewide.

Supt. Davis's advocacy for county boards similar to Athens County has provided an important prospective to the conversation and planning at the state level.

# Administrative Professionals' Day at the ACBDD

We recently celebrated Administrative Professionals' Day to recognize staff who provide administrative support at the ACBDD. We could not do the good, important and meaningful work we do here at the ACBDD without their support. We have the honor of having six people who serve in this capacity. These professionals help keep our programs organized, efficient and running smoothly.



**Lisa Fierce**

Administrative Assistant  
SSA Department

**Myriah Lewis**

Administrative Assistant  
Beacon School



**Carol Janes-Tinkham**

Fiscal/Payroll Specialist  
Administration

**India Mitchell**

Administrative Assistant  
Beacon School



**Ruth Robertson**

Administrative Specialist  
Beacon School



**Karen Hynes**

Administrative Specialist  
Supportive Services



# The ACBDD launches Emerging Leaders Program



We are happy to announce the staff members who expressed interest and who were accepted into the ACBDD’s new Emerging Leaders Program. We were able to admit all who applied into the program for 2023. They are listed below in alphabetical order by last name:

- Amy Goldsberry, SSA & PGO 2<sup>nd</sup> Vice President
- Mary Howell, SSA Intake Specialist
- Stephanie Kendrick, MUI Coordinator
- Amy Sheridan, Medicaid Manager & Support Services Coordinator
- Arian Smedley, Assistant Superintendent
- Jerry Swackhamer, SSA & PGO President

The group will be discussing and learning about issues regarding leadership in a public setting. The group will meet one time per month (between April – December) from 2:30 – 4:30 p.m. in the Beacon Conference Room.

This program is the first of its kind at the ACBDD. It is designed to help the ACBDD prepare for the future by providing professional development training to interested staff. We hope this program can help ensure successful programs for the ACBDD for years to come.

During the first session, the group discussed expectations for the course, what is “public value” and how leaders create it and the importance of strategic planning.

# DD Awareness Month celebrates Athens County Togetherness

Every year, March is designated as Development Disabilities Awareness Month, and every year we pick a theme to capture what has been going on in the DD field locally or nationally. This year’s theme was “Athens County Together” (logo designed by Angela Carter).

The theme was chosen in order to help capture all the ways our county works together to support one another, especially those with developmental disabilities. And the celebrations came through in a number of ways.

## Signed Proclamations

Both the Athens County Commissioners and the Athens City Mayor signed proclamations declaring March DD Awareness Month in the county and in the city.

## Walk on Court Street

We had planned for the annual Walk on Court Street for Disability Awareness, but unfortunately this was canceled due to inclement weather. Next year, we will arrange for an indoor back-up location.

## Special Edition

We partnered for the first time with Tri-County students studying journalism for the creation of this project. There is both a print edition and an online edition. This was a great success, and we hope to continue this collaboration.

## DD Awareness Fest

We had the pleasure of hosting the DD Awareness Fest for the first time since 2019. We had a special guest from DODD, Deputy Director Lyndsay Nash; and a long list of community partners who joined us for the evening.

We are so proud to live and work in Athens County, where we see constant support for our neighbors with developmental disabilities.

For more images from DD Awareness Month, visit the agency’s Facebook page at [www.facebook.com/athenscbdd](http://www.facebook.com/athenscbdd)



DEVELOPMENTAL DISABILITIES AWARENESS MONTH 2023





### OACB leadership visits the ACBDD and Athens County



Earlier in the year, we hosted a visit from the Ohio Association of County Boards (OACBDD) Executive Director and Policy Director. We spent the day talking about critical issues that are important to us in regard to serving individuals with disabilities and our long-term planning.

### Tech Ambassadors visit Athens County, offer hands-on experiences



We had the pleasure of meeting with the Ohio Tech Ambassador Network at the Athens Community Center earlier this year. Tech Ambassadors Chris Cooley and Tanner Huff shared their personal experiences of using Supportive Technology in their everyday lives.

### MEORC offers provider supports



Athens County agency and independent providers are now getting expert-level support from MEORC. MEORC's Pennie Chapelle has been doing an exceptional job connecting with providers and offering support where they need it most. We envision this creating a positive impact on providers and those served.

### Provider visits continue



SSA Director Tristin Lawrence and Asst. Supt. Arian Smedley continue visits with providers that support Athens County individuals. The purpose is to re-connect with providers in an informal way. So far, the duo have visited Sech-Kar, Echoing Connections and Fairfield Community Supports.



A toddler’s verbal vocabulary has blossomed. He is initiating several single word utterances with significantly better articulation. In addition, he is consistently using 2-word phrases, and his usage of 3-word sentences has increased from rarely to occasionally. Way to go!

A toddler was encouraged to say words by narrating/labeling actions, using simple one- to two-word phrases. As a result, she repeated a word approximation for various works like "squeeze" and "drop." Along with imitating actions, she creatively played with the items in various ways. We followed her lead in play by playing as she was playing. This proved to be an effective strategy in regards to encouraging language development! She made eye contact, laughed and stayed engaged. So great!



## Beacon School student secures job and meets goal prior to graduation

Our friend Jared has been working toward his goal of securing a job for years, and he was successful in making it happen. Jared was recently hired by Mitzi Lou’s. We appreciate everyone’s help in supporting him with this goal. Staff from almost every division of the agency (plus a community partner) played an important role in this positive outcome, including Beacon School staff, Service & Support Administration, PersonnelPlus; Transition Services, and Capabilities.







## Paraprofessional appreciation

Paraprofessionals play an essential role within Beacon School. Under the supervision of a licensed teacher, our paraprofessionals support teachers and students in many ways. For instance, a paraprofessional can work with students individually, in groups, or assist the teacher with organizing instructional materials and managing the classroom.

Paraprofessionals are vital to the day-to-day operation of Beacon School. We would like to thank them for their hard work and dedication to our students.



## New faces at Beacon School's front desk

Earlier this year, Beacon School visitors started seeing two new friendly faces at the front desk – Myriah and India. Myriah (at left) has been with the agency since 2013 as an administrative assistant – first with the SSA Department and then with the Employment Options Division. India has been with the ACBDD since 2021, working as an administrative assistant with the Employment Options Division. She is also the Teen Time Coordinator and has been a Beacon Summer Camp Counselor. In their new roles at Beacon, they will be assisting at the Front Desk with answering phones, greeting visitors and any other duties needed.

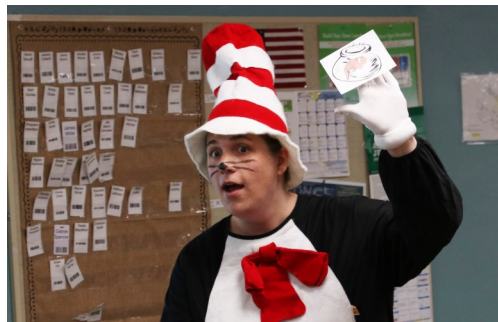






# Celebrations and fieldtrips galore at Beacon

The last few months at Beacon School included a long list of fun activities. A few of those included a Valentine’s Day party, a trip to the circus in Columbus, traditional springtime activities like an egg hunt, a celebration of Dr. Seuss, a Beacon Singers concert and a day of inclusive recreation with Ohio University students. We appreciate everyone’s efforts in making these memorable moments possible.



## Integration efforts with MoGo



Beacon School continues regular visits from students of Morrison-Gordon Elementary School. Preschool students come for structured play in the gym, and two special education programs join Beacon students during swim time. These are great examples of integration efforts.

## Nine returning to home districts

# 9

Nine students will return to their home school districts for the 2023-24 school year. We are excited for these students. The teams feel confident they are ready to make the move to special education classes in their home districts. We wish these students the best next school year.





## Transition-age students visit Zonez, receive guided tour and make their own shirts

Several students from Beacon School recently visited the local business Zonez, where they were introduced to the overall operation of the printing business.

Owner Dave and his associate, Dan, took the students on a tour and demonstrated how printing posters and other materials were done. In addition, the students made their own Beacon Rays T-shirt, donated by Zonez.



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## Teen Time now open to all enrollees of the ACBDD

Teen Time, the ACBDD's new social club for transition-age students that was initially just for Beacon School students, is now open to any enrollee of the ACBDD between the age of 13 and 21. The first two events since this change were successful in creating a space where teens can have fun and make new friends. Teen Time events have generated interest from students of Athens City Schools, Beacon School and Trimble Local Schools.





## Transit Training for transition-age students includes in- and out-of-class instruction

This school year, HAPCAP Mobility Coordinator Bryan Hinkle has been providing ongoing Transportation Training to Beacon students.

Earlier this year, Bryan covered topics such as why we use public transportation, how to access door-to-door transportation, special grants that take people with disabilities on fun trips (such as the Columbus Zoo), routes available and popular bus stops. Another day of instruction involved students getting first-hand experience with riding the bus.



## Healthy Boundaries training provided by Health Dept.

Megan Buskirk, Maternal and Child Health Program Coordinator for the Athens City-County Health Department, provided an array of trainings to the students in the Young Adult classroom that focused on Healthy Communication.

Topics of her trainings included healthy relationship boundaries, resiliency, self-care (physical and mental), self-advocacy, self-esteem and more.







## An appreciation of our Transportation staff

At the ACBDD, we are fortunate to have a team of committed, dedicated, and experienced staff who make up our transportation division. Our six drivers and our mechanic each play an important role in ensuring safe passage for Beacon School students - to and from school and to and from field trips. We wish to express our immense appreciation for their great work.





## SSAs help Ross County Board of DD with their transition to the Ohio ISP

Members of the SSA Department show off gifts from the Ross County Board of Developmental Disabilities after hosting a specialized training series.

Earlier this year, Bianca Sankar, Amy Goldsberry and Jerry Swackhamer met with Ross County staff virtually to help with their transition to the Ohio ISP using Brittco.

The SSAs provided a complete walk-through of the Brittco plan, from the cover letter to all the other pertinent forms. SSAs also shared their first-hand experiences with troubleshooting problems, along with many other details.

The Ross County staff were very appreciative for the time and effort and sent the department cups, pens and other swag to say “thank you.”

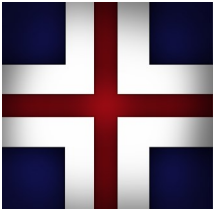


## The new PersonnelPlus to be more flexible

A new referral process is expected to make PersonnelPlus a far more nimble and flexible support for those seeking employment or preparing for the workforce. Also, a new employment provider network hopes to identify gaps in the county’s supported employment services and to strengthen connections. We are excited for this new phase of PersonnelPlus. If you have any questions about how to make a referral or to get connected to the employment support network, be sure to contact Director Angela Carter at [acarter@athenscodd.org](mailto:acarter@athenscodd.org).





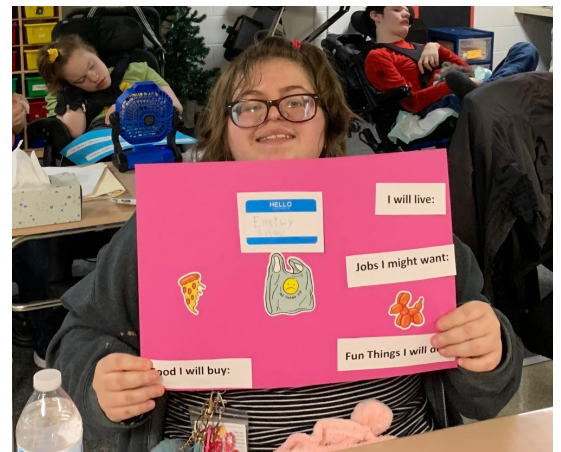


# Job Club expands to Tri-County, Fed Hock

With the success of the pilot program, Job Club has now expanded into Tri-County Career Center and Federal Hocking Local Schools.

Job Club is for transition-age students (14-21) with developmental disabilities to prepare for future employment after school. These clubs are held in the classroom through-out the school year. The pilot program began at Beacon School in September of 2022.

Each month is a different theme, with classes held once a week and a field trip every month. PersonnelPlus Employment Specialists developed the curriculum, which focuses on finding, keeping and thriving in a job of their choice in the community. Multiple divisions within the ACBDD have come together to provide these classes: PersonnelPlus, Transition Services, and Integrate Athens.



## Now accepting referrals for Vocational Summer ProgramPlus

PersonnelPlus is currently taking referrals for Vocational Summer ProgramPlus, the new name for our traditional summer youth employment programs.

To be eligible:

- Students must be transition age (between 14-21)
- Students must be enrollees of the ACBDD
- Students must have an employment goal outlined in their ISP

For more information about the program, including dates and how to make a referral, contact Director Angela Carter at [acarter@athenscbdd.org](mailto:acarter@athenscbdd.org).





## ATCO Idol 2023 will have two parts

Mark your calendars! ATCO Idol 2023 is coming up soon. We had so many people sign up that we decided to offer two performances to accommodate everyone.

ATCO Idol Part I is scheduled for May 18, 6 p.m. at Stuart’s Opera House. ATCO Idol Part II is scheduled for June 25, 6 p.m., at ARTSWest.

The events are free and open to the public. We hope you can come and will invite friends and family to enjoy these fabulously fun evenings.

## ATCO IDOL



## Bowling For Everyone event

The COMCorps/AmeriCorps program has partnered with Integrate Athens to provide an inclusive bowling day for those who attend Athens County day programs.

Bowling For Everyone is scheduled for May 5, 10 a.m.—1 p.m. at Scenic Lanes in Logan.

ComCorps Site Supervisors, COMCorps Members and individuals attending day programs are invited. If there is still availability after day programs reserve spots, organizers will extend the invitation to others.

This event is free, thanks to the support of the ATCO Legacy Fund.

**Bowling for Everyone**

Day Habs welcome!

Join COMCorps and Integrate Athens for an inclusive bowling experience

Accessible to people with intellectual and developmental disabilities

Bowling, bowling shoes, and food

★ ALL FREE ★

**Scenic Lanes**  
Friday, May 5th  
10 am - 1 pm  
RSVP by April 28th

AmeriCorps COMCorps Integrate Athens actold

ATHENS COUNTY BOARD OF DEVELOPMENTAL DISABILITIES

This event was made possible through the ATCO Legacy Fund.





## The Dairy Barn focuses on inclusion

Over the last several months, Integrate Athens has been working with the Dairy Barn to enhance their inclusion efforts.

Autumn Brown arranged for students of Beacon School to visit the art center. The visit provided Dairy Barn staff exposure to children with more unique needs. In addition, the visit provided an educational art experience to the students.

After several conversations with Integrate Athens and visits like these, the Dairy Barn has since created an Inclusion Aid position that will be a support role for future attendees to their summer camp who need additional support.



## FANs Coordinator recruitment underway

Integrate Athens will be partnering again with Ohio University to recruit for the next FANs Coordinator, who would begin their service year in August. These positions are open to anyone in our community who is interested in a year of service. If you know anyone with or without a disability interested in serving our community in the next year, please email [boylek1@ohio.edu](mailto:boylek1@ohio.edu).

**NOW HIRING COMCORPS MEMBERS!**

NUTRITION | GARDENING | SOCIAL CONNECTIVITY | FOOD ACCESS | WELLNESS

**TURN PASSION INTO PURPOSE.**

COMCorps is recruiting members to increase the quality of life in Athens County as part of a 23-member corps by fostering good health for all.

- Bring your unique skills and talents, developing career and professional skills while building your resume
- Work with children and adults in schools, nonprofits and government agencies in rural Appalachia
- Living allowance of up to \$19,300 and an education award of \$6,850 for 1200 hours of full-time service
- Starts August 10, 2023 and ends in Summer 2024
- Want more info? Email Karl Boyle at [boylek1@ohio.edu](mailto:boylek1@ohio.edu) or call 740.593.2293

**READY TO LEARN MORE?**

Scan the QR code to fill out our interest survey! You will be contacted by COMCorps staff with more info.

**SERVE OHIO**

This program is available to all, without regard to race, color, national origin, disability, age, sex, political affiliation, or religion.

## Work Anniversaries

### January

- Timothy Jones — 6 years
- Lisa Fierce — 4 years
- Sara Pelfrey — 1 year

### February

- Clayton Ray — 10 years
- Stevie Putnam-Young — 1 year

### March

- Doug Mitchell — 7 years
- Amy Goldsberry — 5 years
- Bianca Sankar — 1 year

### April

- Barb North-Moss — 8 years
- Jamie Hart — 8 years
- Kris Dunlap — 12 years

Mary Howell—10 years

Amy Sheridan—1 year



**WE'RE  
HIRING!**

# Job openings with the ACBDD

## Instructor, Intervention Specialist



The ACBDD's Beacon School has an opening for an Instructor. The position comes with competitive starting rates and a comprehensive benefits package. Applications will be accepted until the position is filled. For full consideration, please apply by May 1.

## Summer Camp Positions



The ACBDD has several openings for its upcoming Summer Camp program. The pay ranges, depending on the position and the person's experience. Applications will be accepted until the positions are filled. For full consideration, please apply as soon as possible.

## Bus/Van Driver



The ACBDD's Transportation Division has an opening for a Van/Bus Driver. The position for the academic year, 25 hours/week, with the possibility of additional opportunities during breaks, and it comes with an excellent benefits package

**For more information  
about job postings, visit  
[www.athenscbdd.org](http://www.athenscbdd.org)**



## The ACBDD in the news

### **Polar Bear Plunge photo feature**

The Athens NEWS — Feb. 6, 2023

### **About 200 people Participate in Polar Bear Plunge**

The Athens Messenger —Feb. 7, 2023

### **Alexander Local Schools takes the plunge**

The Athens Messenger — Feb. 11, 2023

### **Athens Commissioners declare March Developmental Disabilities Awareness Month**

The Athens Messenger — Feb. 22, 2023

### **Beacon School dedicates sensory rooms, thanks VFW Post 9893 for donations**

The Athens Messenger — Feb. 27, 2023

### **Veterans plunge in to support Beacon School**

The Athens County Independent — March 1, 2023

### **ACBDD celebrates Athens County togetherness for this year’s DD Awareness Month**

Tri-County 360 — March 6, 2023

### **Job Club at Beacon School is a pathway to employment**

Tri-County 360 — March 8, 2023

### **Freeing for 15,000 reasons**

Tri-County 360 — March 10, 2023

### **Albany teen becomes newest Hocking College enrollee**

Tri-County 360 — March 13, 2023

### **Beacon School custodian loves his work, sets example for others**

Tri-County 360 — March 14, 2023

### **Choosing careers in the developmental disabilities field**

Tri-County 360 — March 15, 2023

### **Cox turns disability into limitless possibility**

Tri-County 360 — March 16, 2023

### **Shining a spotlight on DSPs—the backbone of the developmental disabilities field**

Tri-County 360 — March 17, 2023

### **Just keep swimming: OU student opens safe swim program for children with disabilities**

Tri-County 360 — March 20, 2023

### **Restaurant in Athens opens doors for individuals with disabilities**

Tri-County 360 — March 21, 2023

### **N-Y volleyball, Sech-Kar and others form an unbreakable bond**

Tri-County 360 — March 22, 2023



## In the community

### Safe Swim For All continues program at Beacon pool

Back by popular demand, the Safe Swim For All program continues at the Beacon School pool. The Appalachian Family Center for Autism and Disability Resources and Education (AF-CADRE) completed the first water safety and swim lesson program for ACBDD enrollees earlier this year and celebrated the completion with a pizza party in the Beacon cafeteria.

The partnership went very well, and we are in discussions to offer another program in the near future.

Special thanks goes out to the ACBDD’s facilities crew for helping us make this space available to the community in this way.



### Team Heart & Sole announces schedule for the year

Below is a list of events for THAS:

- Saturday, April 29 - Race for a Reason
- Saturday, May 20 – CASA Superhero 5K and 3K
- Saturday, Aug. 19 – Parade of the Hills 5K and 3K
- Saturday, Sept. 16 – Paw Paw Festival Bike Ride (tentative)
- Saturday, Sept. 30 – THAS Fun Bike/Run/Walk

Team Heart & Sole provides people with disabilities inclusive opportunities to participate in endurance racing events. There is always room for more teammates to run with the athletes.

If you are interested in getting involved, contact Coordinator Paul Richard at [athens.teamheartandsole@gmail.com](mailto:athens.teamheartandsole@gmail.com).

