



The Lighthouse

**NMA...The Leadership Development Organization
Columbus Public Service Chapter**
The *first* Public Sector Chapter - est.1981



November Meeting Event with Ohio Attorney General's Office



*Speakers from the Ohio
Attorney General's Office*

NMA members met at 1881 E. 25th Avenue on Tuesday, November 29th for a very informative session conducted by four members of the Attorney General's Office. I know all of us gained some insight on a

subject or two that affects our

lives today. Speaker one focused on how to get started, who they are and what services are offered, especially in the area of Consumer Protection and Telephone Scams. As with most everything today, online resources are most helpful. Most people start out wanting to file a complaint, either against an organization, institution or vendor. For those not wanting online service assistance, calling their Help Center is also an option.

Identify Theft was the next topic with the AG's Office offering two programs: Traditional Assistance and Self-Help Assistance. With traditional, a consumer advocate will work with credit agencies, creditors, collectors, or other organizations on the victim's behalf. Individuals must have a police report to participate in this program, as this option is ideal for those who are not comfortable trying to correct the effects of identity theft themselves.

Self-Help Assistance victims receive a step-by-step guide to attempt to rectify the effects of identity theft themselves. The

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October / November 2016

**Visit the Columbus
Public Service Chapter
website:**

www.nma-cpsc.org

Visit us on Facebook at

[www.Facebook.com/
NMACPSC](http://www.Facebook.com/NMACPSC)

**Read the latest issue of
Breaktime at**

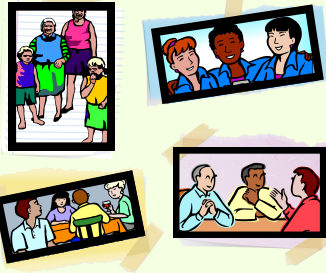
[www.nma1.org/nma-
breaktime](http://www.nma1.org/nma-breaktime)

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NMA Family Scrapbook



Keep in Your Thoughts

Family of Member Kevin Marcum, who passed away in October

Kathy Spatz, on the loss of her Mother

Wellness Wishes

Member LaWanda Moose on her recovery

Member Wynne Spann on her long road to recovery

Ohio Attorney General's Office, Continued from page 1

guide includes the necessary information and form letters to dispute charges, or take other action. This option is ideal for those who prefer to work at their own pace and contact credit reporting agencies and creditors themselves.

Consumer Scams was next. Here the AG Office wants to keep consumers safe and informed as scammers today use a variety of tactics to make their offers to people sound legitimate. Learning to recognize the signs of a scam to protect yourself and those you care about is key.

Elder and Patient Abuse was discussed. Recognizing and reporting patient abuse and/or neglect especially of our elderly is critical. I know some of us in the room that day may have had a story to share of a loved one. The AG Office investigates patient abuse and neglect in long term care facilities, nursing homes and even in patient's own homes where suspected abuse from caretakers are provided. The Elder Justice Initiative was developed to provide leadership and advocacy to combat elder abuse and exploitation throughout the state of Ohio.

Ohio Crime Victim's Rights was next. Victims and their families may encounter physical, emotional and economic hardship long after a crime occurs. The AG Office's Crime Victim Services Section assists eligible families with certain out of pocket expenses related to the incident.

The AG Office also investigates Human Trafficking which is occurring throughout the state. House Bill 130, passed in 2014, has cut into the market driven demand for commercial sex by holding traffickers, and those who purchase the services, accountable. House Bill 262, passed in 2012, increased the penalties for traffickers and improved the care for victims.

The Ohio Civil Rights Commission works through the AG's Office as well. Filing a complaint against an employer or organization is investigated here.

For more information on these and other services offered, contact the Ohio Attorney General's Office at www.OhioAttorneyGeneral.gov or 1-800-282-0515.

Announcements

December Holiday Event

DATE: Thursday, December 8, 2016

TIME: 6:00—8:00 PM

LOCATION: Buca di Beppo, Worthington
60 East Wilson Bridge Road
Worthington, OH 614-848-8466

MENU: Holiday Dinner—Family Style
Baked Rigatoni
Fettuccine Alfredo
Chicken Parmigiana
Mixed Greens
Apple Gorgonzola Salad, House Bread
Cheesecake or Brownie Delight

The Chapter will be collecting:

- Non perishable food items for the Mid-Ohio Food Bank
- New, unwrapped toys for the FireFighters 4 Kids
- Pop Can Tabs for Ronald McDonald House

**Please make your reservations with:
Judy Johnson, jajohnson@columbus.gov or
614-645-0526**

**(Let us know if you are bringing a guest)
Guest Fee \$24**

NMA Calendar

December 2016

- 7 NMA Holiday Party
- 21 Neighborhood Pride Talent Show
- 21 Winter Solstice
- 25 Christmas
- 25 Hanukkah
- 26 Kwanzaa Begins
- 31 New Years Eve

January 2017

- 1 New Years Day
- 6 Three Kings Day
- 16 Martin Luther King Day
- 28 Chinese New Year





October Member Event with The Addict's Parents United



Members listening to the speakers

Tuesday, October 18th's member meeting event was a (teary) eye opener for some of us that day, at 1111 East Broad Street. Brenda and Mark Stewart were guest speakers, and Founders of The Addict's Parents United (TAP).

TAP United was originally founded as a support system for family members who have one or more loved ones who have the disease of addiction, and for those who have lost one or more loved ones from this disease. Through their closed Facebook pages, they continue to provide a safe place to share and support one another.

Their message is focused on giving hope with the utmost emphasis on **self-care**, as they navigate through the devastation caused by addiction. As their membership has grown, they have become more involved in public advocacy for needed change in the way our society views and treats addiction. They are active in the advocacy for change in the current judicial approach of incarceration, of those who suffer with addiction, which has been both costly and ineffective. They are working with experts in the field to promote specialty docket courts that emphasize treatment and recovery as a viable and proven effective alternative to incarceration.

Brenda and Mark's story is a sad one, like so many others facing today. Like several other health conditions, addiction disorder is a disease of the brain that runs in their family. Their youngest son is 30 years old and has four years of sobriety as of June 2016. Their older son is 33 years old and has been incarcerated since July 2015, and awaiting judicial release from prison. He has suffered with bi-polar disorder and attention deficit disorder for many years. Another son is currently in recovery from alcohol addiction. Brenda's sister is also 23 years into recovery from alcohol addiction. They have been around addiction a long time and it has impacted their lives in many different ways. As a part of this journey, when their youngest son was at the height of his addiction, Mark and Brenda adopted two of their grandchildren whom they have had for over five years. By the grace of God, their father is now very much in their lives, and is transitioning back into the role of primary parent.

Both of their sons have struggled on and off with issues of addiction since they were 17 years old. Over five years ago when they found

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TAP United, from page 4

out their youngest son was using IV heroin, it started their journey – first through darkness, despair and desperation. When you hear someone is shooting heroin, for some reason it strikes you like hearing the C word (cancer), and often with deadly results. Ultimately, they were led to a face-to-face parent support group and a wonderful counselor. That was the beginning of their own recovery from co-dependency and learning to love their children who suffer from substance use disorder in a whole new way in order to regain peace in their own lives.

As a part of their own recovery, they came to realize that they were as sick, if not sicker, than the addicts in their lives. Their addiction was not to drugs or alcohol; it was doing every insane thing imaginable as they tried to save their loved ones from the chaos and destruction that resulted from their addiction. Everything they did to change **the addicts** life seemed to fail and cause misery and heartache to both Brenda and Mark, living with the stigmas, the frustration, and the feelings they failed as parents, etc., but came to realize there were thousands just like them. As contrary to logic as it seemed at first, they began to understand that it was both of them who needed to change ... to recognize how powerless they were over the addiction, to let go, and give it up to a higher power, and learn to live in a new way. Today, they continue to work their own program of recovery so that they can live a serene and peaceful life regardless of where their addicted loved ones are in their own journey.

Having discovered that self-care is vital in being able to handle all that comes with having children of addiction, and a long and difficult journey to get to the place of living, the serenity prayer they always recite: *“To accept the things I cannot change; the courage to change the things I can; and the wisdom to know the difference.”* It is a result of this personal and difficult journey that their purpose has been discovered and their passion has been ignited. Brenda and Mark want to give back to others some of what they have learned from their own experiences; hence they formed “The Addict’s Parents United”.

For more information, go to www.theaddictedparentsunited.org



Scott VanDerKarr, retired Judge from the Franklin County Municipal Court, speaking with Mark and Brenda Stewart



Welcome to NMA...

Leadership Development ...Your Way!

...a sustainable development approach that creates an active leadership experience based on your needs and development goals ... with affordable access to relevant resources and national networking opportunities!

It's about survival in the contemporary workplace! You need to study what outstanding leaders do, commit to finding role models to emulate, and opportunities to actually **PRATICE** your leadership skills. NMA is where women and men meet to **GROW**. NMA is also THE partner that helps businesses accelerate and leverage leadership talent ... where talented people begin to populate a company's leadership pipeline.

Few organizations can do it all. With an NMA Chapter, it can more quickly identify those who have the motivation and ability to be tomorrow's leaders! Through Membership in an NMA Chapter or via our Individual Membership Program, you'll be surrounded by others who exemplify the attributes and core competencies of real leaders. And, you'll have access to a broad professional development curriculum of courses, webinars, and other opportunities to grow your knowledge base.

We're the leadership laboratory where theory meets reality.

RealizingLeadership.com recently profiled NMA in its online publication and talked about "an excellent association that knows how to help you get where you want to go." To learn more click here and read the entire article!

Come explore and learn more about our exciting professional and educational organization, NMA.

(reprinted from nma1.org)



Helping Hands

Yvette Aniagolu – helps with the Center for Healthy Families for Christmas.

Bruce Black – is President of the Berwick Civic Association

Jeff Emhuff volunteers at the Franklinton Tutoring program at Avondale Elementary School.

Cindy Fruth – continues to volunteer as the Treasurer of the Columbus Employees Association and is also the Treasurer of her church.

Debbie Ioia – Secretary of the Executive Board at Central Ohio Chapter of Huntington’s Disease Society of America (HDSA), and also volunteers as a 4th grade Sunday school teacher at her church.

Beth Fairman Kinney – Treasurer of the United Crestview Area Neighbors Civic Association.

Lisa Landoll - volunteers at the information desk at Riverside Methodist Hospital.

Victoria Landrum – volunteers with Stories Behind Their Eyes – Human Trafficking Awareness.

Teresa Langer – continues to sell candy bars to support the NMA speech contest.

Lezley Neal – volunteers as the Treasurer for the Labor and Employment Law Association

(LELA), at Capital University Law School.

Terry Neal – volunteers on the Board of Directors for the Eastgate Garden Civic Association, and currently attending the Civilian Police Academy.

Tami Peters – continues to volunteer for the Ginkaku-Ji Karate Dojo.

Kathy Spatz – volunteers on the Westerville Shade Tree Commission.

Terrell Spencer – currently holds the office of President of the Livingston Heights Place Civic Association.

Bee Tolber – volunteers at the North Central Area Commissioner, Big Brother Big Sister mentor, Columbus City School Board, Tray Lee Center volunteer, also a St. Stephen’s Community House CCS Mentorship Program.

Jeff Ushry – tutors at Eastmoor Academy where he also volunteers for the Touchdown Club and is a member of the EABPTA.

Scott Ward – Executive Board Member for the American Legion and the Association of the United States Army.

The NMA Leadership Model



Derived from a similar model in *Results Based Leadership* by Ulrich, Zenger, & Smallwood.

NMA Announcements



All are welcome to attend:

City of Columbus Toastmasters



Meetings:

1st Thursdays

Citywide Training Center
750 Piedmont Rd.
Training Room C
12:00 to 1:00 PM

2nd Thursdays

77 North Front Street,
Lower Level
Columbus Stat Room
12:00 to 1:00 PM

3rd Thursdays

Columbus Public Health
240 Parson Ave.
Room 119-C
6:00 to 7:00 PM



NO EXPERIENCE NEEDED!

I am looking to train *YOU* in Publisher so that *YOU* can be our future editor for this award winning publication. Email Beth at

bfkinney@columbus.gov



Free Webinars

Are you interested in learning new skills on your lunch hour? NMA has posted their past webinars, and you can watch them for free!

Presentations include "Understanding and Managing a Generational Workforce", "Presentation Skills" and "Business Communications, The Toolbelt for Effective Workplace Communications", "Leading with Emotional Intelligence" and more.

What is NMA?

NMA The Leadership Development Organization is a professional association headquartered in Dayton, Ohio. The Association is a national not-for profit organization serving about 20,000 members worldwide.

NMA Code of Ethics

I will recognize that all individuals inherently desire to practice their occupations to the best of their ability.

I will assume that all individuals want to do their best.

I will maintain a broad and balanced outlook and will recognize value in the ideas and opinions of others.

I will be guided in all my activities by truth, accuracy, fair dealing and good taste.

I will keep informed on the latest developments in techniques, equipment, and processes.

I will recommend or initiate methods to increase productivity and efficiency.

I will support efforts to strengthen the management profession through training and education.

I will help my associates reach personal and professional fulfillment.

I will earn and carefully guard my reputation for good moral character and good citizenship.

I will promote the principles of our American Enterprise System to others, by highlighting its accomplishments and displaying confidence in its future.

I will recognize that leadership is a call to service.

NMA Statement of Principles

NMA is dedicated to managerial excellence, personal and professional growth, and leadership development. The following principles identify NMA's core beliefs and provide the basis for the Association's Mission Statement.

We believe in the highest standards of personal and organizational integrity and respect for the individual.

We believe in lifelong learning, continuous improvement, and the development of a workforce capable of sustaining a competitive posture in the global economy.

We believe management is a creative, dynamic, and essential process enabling people to achieve personal and organizational objectives.

We believe that managerial responsibility is shared among all individuals at all levels of the organization and that leadership is critical to management success.

We believe that individuals and organizations have a community and civic responsibility.

NMA Mission Statement

NMA creates leadership development products and opportunities that maximize the potential of our members, sponsoring organizations, and communities.

NMA OFFICERS AND BOARD MEMBERS JULY 2016—JUNE 2017

<u>Officers/Term End</u>	<u>Name</u>	<u>Phone</u>	<u>Email</u>
President	Teresa Langer	645-4128	tlanger@columbus.gov
1st Vice President	Bee Tolber	645-7496	bvtolber@columbus.gov
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Secretary	Lezley Neal	645-0422	lrneal@columbus.gov
Treasurer	Rhonda Brown	221-3132x75653	rbrown@columbus.gov
Past President	Jeff Emhuff	645-3655	jtemhuff@columbus.gov
National Director	Kathy Spatz	645-0487	kaspatz@columbus.gov
Lifetime Director	Bill Mahaffey	795-1582	Billm4715@sbcglobal.net
<u>Board of Directors</u>			
At Large/2017	Terrell Spencer	645-6133	tlspencer@columbus.gov
Development/2018	Yvette Aniagolu	645-3692	YKAniagolu@columbus.gov
Public Safety	Terry Neal	221-3132x75480	TNeal@columbus.gov
Public Service/2017	Jay Gantzer	645-0413	RJGantzer@columbus.gov
Public Utilities/2017	Cindy Fruth	645-7304	cmfruth@columbus.gov
SWACO/2018	Albert Iosue	871-5100	albert.iosue@swaco.org
Technology/2017	Margaret McDougald	645-0550	MABrowder@columbus.gov
<u>Committees</u>			
Chapter Awards	Amy Ackerson	645-8119	aackerson@columbus.gov
Community Service	LaVerne Freeman	645-0550	lafreeman@columbus.gov
Membership	Geneva Christensen	645-5384	gchristensen@columbus.gov
Programs	Judy Johnson	645-0526	JAJohnson@columbus.gov
Professional Development	Carnell Felton	645-3132x1200	CBFelton@columbus.gov
Public Relations	Beth Fairman Kinney	645-7116	bfkinney@columbus.gov
<u>Executive Advisory Committee</u>			
	<u>Title</u>	<u>Agency</u>	
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Sherry Kish	Deputy Director	Technology	SRKish@columbus.gov
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Dr. Richard Westerfield	Administrator	Public Utilities	RCWesterfield@columbus.gov
Jeff Emhuff	Past President	Code Enforce	jtemhuff@columbus.gov



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