

Our Community

Cincinnati, a place filled with care

Vol. 6 Issue 3



A newsletter from the Asset Based Community Development Team of Hamilton County DD Services

A Musical Interlude

When engaging in conversation with White Oak resident Matthew Mason, no matter how brief, one will eventually learn about the importance of music in his life. Expect to be asked about your own tastes and affections, too.

Matthew will be upfront about the sustenance he receives from this art form, and he will no doubt guide you into the genre of European heavy metal music- his favorite style. When a bad day or feeling arises, Matt relies on his familiar two supports: "My best friend to talk with and uplifting music. That usually takes care of it."

Conquering his own physical limitations has likely not been easy for Matt, but you won't hear that from him. "I'm a person. I might have to do stuff differently, but I still get it done." Accomplishments are plastered all over his apartment and he is quick to point out his love of psychology in which he holds a BA from Wright State University.



"I like to know how people think" was his motivation for that goal, "I can relate and talk to anyone."

That is helpful, given his weekly visits to Triple Creek Nursing Home. Matt volunteers to visit folks who rarely get company. And he is good at it. So good that family members will ask him directly to spend some time with their loved one.



Lately, a creative experience Matt has longed for has become a reality. Matt dreamed of writing and producing his own compositions and melodies, but had no way to play them. That is until Liz, the music therapist at Triple Creek, became part of his world. Matt describes what he hears and wants and Liz plays the chords and

notes on the piano. "It's almost like our minds are in sync", Matt marveled recently.

Matt resolutely proclaims, "I won't let anything stop me." The statement was clearly devoid of bravado, but filled with confidence, determination and enjoyment. And we believe him.

You're invited...



3rd Annual Westwood Art Show

Saturday, September 24th, 11 a.m. to 5 p.m.
Westwood Town Hall, 3017 Harrison Ave



What beautiful weather to get geared up for BLOC's 2nd annual Bike Ride & 5K Walk. Sunday, Sept. 25th at Fernbank Park. Get registered soon for early discount. Visit www.blothead.org

The Mill Creek Clean-up

Saturday, September 10, 2011

9 a.m. to 1 p.m.

Help clean up our urban creek by removing trash from the stream along the neighborhoods of Northside and South Cumminsville.

Equipment, gloves, and snacks will be provided. Wear boots if you can. All volunteers will receive a Mill Creek T-shirt. This event is open to adult volunteers only due to challenging stream conditions.

To register, send your name and phone/email to: info@millcreekrestoration.org or call 513-731-8400 by Sept. 8th
*Rain date - September 24

Why I do what I do

By Northside resident Lisa Auciello

Lisa is a committed resident of Northside and is a vibrant member, originator or collaborator of many neighborhood groups including Northside Community Council, Northside Safety and Livability Committee, Northside Youth Council, COP, and the Northside Skate Park. For more info on all things Northside feel free to browse Northside.net.

So my story begins...

Do I do it because I love to make things beautiful, I love to witness the transformation from unclean to clean, from broken to fixed (not new), from no use to new use, from unusable to usable, from well, I think you got the idea.

Do I do it because my mom, who was an RN, devoted her free time to helping people have babies naturally, to helping kids feel loved, being the mom who made all of her own clothing, made baby food for us 5 kids-from scratch, made Halloween costumes for us 5 kids...and again you get the idea.

Do I do it because in 4th GRADE we had to volunteer the entire school year? I volunteered at Drake hospital with the Alzheimer's patients and I met Frank. He loved me, looked forward to seeing me, and became a real person to me, who I wrote about in school and invited over for Holidays, who I never forgotten.

Do I do it because I am ADD and relax is not in my vocabulary? Or because I am OCD and I can't stand to see things where they don't belong?

Do I do it because I am anti-social and don't want to hang out and watch bands and sit around at bon fires? Oh wait no, I do that!

Do I do it because I always root for the underdog and feel responsible for the losing, when they ultimately lose?



I was trying to think how I got started, I don't know which came first, or if there are volunteer genes. I know that I have been a quicker picker upper for as long as I can remember. I started babysitting at 11 years old. After the babies went to bed I cleaned their kitchen, living room, tidied the children's toys...until the parents came home. It recently hit that not only was I great with their children, but people were hiring me to babysit just so they could come home to a sparkling clean home!

At parties in high school my socializing revolved around where the biggest mess was.

I was a nanny in San Diego for a few years and I was teaching the two little 2 year olds how to pick up trash and recycle during our walks to the beach each day.

I read that when children begin volunteering at a young age they typically end up volunteering in their adulthood...makes sense.

We are all capable of transformation in so many ways.

I want to be in place where there is work to be done, a place that NEEDS me!

I have to do it because who else will do it? I do it because I am able.

In reflecting on this, there are a lot of "I's" in here. I guess I do it for me because it makes me feel good to do something I perceive as good.

It is really for me, doing what I think should be done.

I have to do it because I feel responsible.

I feel an unapologetic obligation to do what I can to take care of the community that I call mine.

Wherever a person turns, he can find someone who needs him.

~Albert Schweitzer

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