



CROHN'S & COLITIS CONNECT MENTORING PROGRAM

THANK YOU for participating in the
Crohn's & Colitis Connect
Mentoring Program!

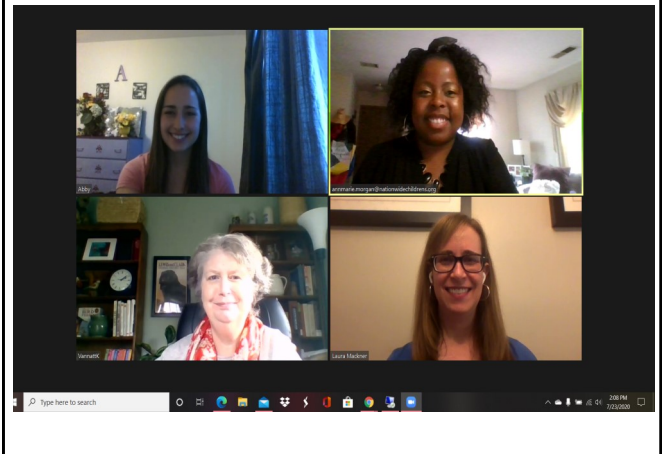
We appreciate everything you've done to help this study! As you know, this program is always developing and improving...

We want to keep you in the loop since you had such a big part from the start of the program.

This newsletter is to keep you updated about what's going on with it. We hope you are doing well, and we might contact you again to hear from you at some point in the future.

Any questions?

Contact Ann Marie Morgan
annmarie.morgan@nationwidechildrens.org
or call 614-722-4744



Your Mentoring Program Staff!

*From Left: Abigail Leslein, Ann Marie Morgan,
Kathy Vannatta and Laura Mackner*

Not Pictured: Jennifer Dotson



NATIONWIDE CHILDREN'S
When your child needs a hospital, everything matters.™

FUN FACT!



Camp Oasis Summer 2020 UPDATE: At the Crohn's & Colitis Foundation, Camp Oasis is close to the hearts of all of us. And one of our top priorities is always the health and safety of our campers, volunteers, and staff. Unfortunately, after careful review of the national trends and important guidelines concerning COVID-19, along with discussions with our trusted medical advisors, the Foundation has made the difficult decision that we cannot host residential camp sessions this year. However, we are excited to launch a **VIRTUAL CAMP OASIS** program for our campers this summer! Registration is now open: <https://www.crohnscolitisfoundation.org/get-involved/camp-oasis>

COVID-19 Resources

With the Coronavirus Pandemic, many summer programs have been effected, changed, and even cancelled. CAP4Kids has resources available if you find that you are in need of additional resources this summer. Online you may find most of their suggested resources for:

Food & Meal Resources

Housing, Utility, Internet & Shelter Resources

Employment & Financial Help

Mental Health & Coping Support for Kids & Parents/
Caregivers

General Community Resources

Fun & Safe Activities for Families

Free Education Resources

Ways to Help

Cloth Face Coverings (Masks)

Where to Find Reliable Information on Coronavirus

<https://cap4kids.org/columbus/coronavirus/>

CAP4Kids

DID YOU KNOW?



Doctors across the globe are researching and investigating how COVID-19 effects IBD. One project is Surveillance Epidemiology of Coronavirus Under Research Exclusion (SECURE-IBD). They are developing a registry of international, pediatric and adult patients who have IBD and contract COVID-19. As their findings are reported, we will make sure to share.

<https://covidibd.org/>



WHAT'S UP WITH MENTORING?

The mentoring program has gone virtual!

With COVID-19, everyone currently in the program started doing their "in person" activities virtually. Our Program Coordinator Ann Marie found all kinds of interesting activities to try. There are virtual museums to explore like **COSI** (cosi.org/cosiconnects), the **Ohio History Center** (www.ohiohistory.org/learnathome) and the **Rock and Roll Hall of Fame** (www.rockhall.com/education). Some activities to try include "Last Letter," where you make a chain of words on a given topic using a word which the first letter matches the last letter of the word named by the first player. Or guess songs without singing lyrics.

We have also turned the entire mentoring program virtual, from the mentor screening to the mentor-mentee introduction to all other mentoring activities. When COVID-19 finally calms down (and it will; there will be a vaccine), we will have the option of conducting mentoring activities live or virtually. This will allow us to expand the program to areas outside of the Columbus metro area, which we're excited about.

In other changes, all of the study staff have been working from home since mid-March, as you can see by our Zoom photo on the first page. We stop by the hospital occasionally when we need to, but that's pretty rare. Right now the plan is for us to work from home until mid-Fall at least. You can still contact us through our lab phone numbers and email addresses.

FUN UPCOMING ACTIVITIES AROUND COLUMBUS!

With COVID-19 related restrictions throughout central Ohio, please contact the organization/event before attempting to attend. Some events are cancelling with little notice.



Dublin Irish Festival-Virtual
When: 7/31 to 8/2/2020
<https://dublinirishfestival.org/>

Viva Festival Latino!
When: 8/3 to 8/9, 2020
Week-long, **online experience**
<http://festivallatino.net/>



COLUMBUS VEGAN FESTIVAL
The 2nd Annual Columbus Vegan Festival
When: 8/22/2020; 11:00AM to 6:00PM
Where: Whetstone Community Center
3923 N. High St., Columbus, OH. 43214
<https://columbusveganfestival.org/>

Ohio Cup Vintage Baseball Festival
When: 9/5 & 9/6/2020;
9:00AM to 5:00PM
Where: Ohio Village
800 E. 17th Ave,
Columbus, OH. 43211
<https://www.ohiohistory.org/participate/event-calendar/ohio-village/ohio-cup-vintage-base-ball-festival>



**Nationwide Children's Hospital-
Slice of Columbus**
When: 9/16/2020; 5:00 to 9:00PM
Where: Columbus Commons
160 S. High St., Columbus, OH. 43215

<https://www.nationwidechildrens.org/giving/ways-to-give/fundraising-events/events-calendar/2020/09/slice-of-columbus>

Delaware County Fair
When: 9/16 to 9/26, 2020
Where: Delaware County Fairgrounds
236 Pennsylvania Ave
Delaware, OH. 43015
<http://www.delawarecountyfair.com/>



MENTOR SPOTLIGHT

We love all of our amazing mentors!
For this newsletter, we caught up
with the wonderful...

JEFFREY YOHE

to learn a little bit more
about him!

What are you up to now? I graduated from The Ohio State University with a degree in Aerospace Engineering. I spent 6 years as a design engineer before deciding to focus my career on entrepreneurship. I am the owner of an independent personal training company and also a custom furniture and home renovation company. I am certified in personal training, nutrition and corrective exercise through The National Academy of Sports Medicine. I love to use this knowledge to help others learn how to develop healthy fitness and nutrition habits. I am also working towards earning a contractors license to expand my home renovation capabilities.

What is your favorite activity or memory with your mentee? My favorite part of my relationship with my Mentee is being able to connect through many activities. We have played music, attempted some obstacle courses and raced go karts together. My favorite activity of all was getting to see how much fun he has playing baseball.

What was your favorite food? Eggs & Breakfast foods

What are some of your hobbies and interests? Obstacle course racing, Jiu Jitsu, rock climbing, music, woodworking, drums, archery & spending time outdoors.



Jeff at the Spartan Race

ON MENTORING

“Regardless of our title or years of experience, we can learn from each other. Through mentoring and by being open to learn we can reach our ultimate potential.”

-Lily Benjamin

LIVING WELL WITH IBD:
IBD Education Day 2020



Central Ohio IBD Education Day 2020-Virtual Event!

IBD Education Day

Saturday, August 29, 2020

9:15AM-1:30PM



Join us for a VIRTUAL information fair, inspirational patient panel, expert Q&A panel, and educational sessions for adult and pediatric patients, and caregivers.

9:15AM-10:00AM

Meet with our exhibitors in Virtual Breakout Rooms and learn more about these important partners in the IBD Community.

10:00AM-1:20PM-Educational Session Topics

Advocacy in IBD, IBD Diet & Nutritional Deficiencies, Novel & Cutting Edge Research, Health Maintenance with IBD, Patient Panel, and Ask the Experts Panels

If you'd like to attend this event you can purchase tickets online: https://online.crohnscolitisfoundation.org/site/Calendar?sessionId=00000000.app358b?id=147970&view=Detail&NONCE_TOKEN=5F7CA96A73E39A1C6017A245C0A16E7B

CROHN'S & COLITIS
CONNECT MENTORING STUDY

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