

Aging in Place, Help needed, Cook Club, Fit Fridays!

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## Southeastern Ohio Center for Independent Living Communication Pulse...

your lifeline to disability news and resources

*August 2018*

### Helpful Smart Home Devices for People With Disabilities

For people with disabilities, making their homes accessible is key to promoting independence and having the freedom to live as they choose. In recent years, creating a truly accessible home has become easier thanks to smart home technology. [Click HERE](#) for information on **7 helpful devices**.



### Additional guides and resources to help individuals age in place!

[Home Fit Guide](#) - from AARP

[Senior Resource Guide](#) - for individuals in Fairfield County

[Guides and Publications](#) - from Central Ohio Area Agency on Aging (COAAA)

[Long-term Care Consumer Guide](#) - from State of Ohio.gov website

## We need your help!

The Ohio Statewide Independent Living Council is beginning the process to create the next State Plan for Independent Living. This is a 3-year plan that helps to direct the work of Independent Living in Ohio, and to promote a more inclusive and accessible State for all 1.6 Million Ohioans with Disabilities.

We are currently working to collect input and feedback on what you think so we can include these thoughts into our next Plan! Please take a few minutes to complete the survey below and share this with anyone else that can help us.

<https://www.surveymonkey.com/r/SILCSurvey>

For more information about the planning process or how you can be included please contact us. We are also working to plan public forums throughout Ohio, we will share information on these forums as it becomes available.

Ohio Statewide Independent Living Council  
614-892-0390

[Click Here to Take Survey](#)

## Cook Club 2018 (Session 2)

It's time for the Fall Cook Club session...Come join the fun and bring your friends.

**When:** Tuesdays (2nd & 4th of month)  
August 14th & August 28th  
September 11th & September 25th

**Time:** 2:30 - 4:00 pm

**Location:** Hocking Valley Industries, 15663 State Route 595, Logan

Participants are strongly encouraged to attend all 4 sessions.

**Registration requested by August 10, 2018**

**Contact Jordy at SOCIL 740-380-1475.**

See attached [flier](#) for more information.



## August AU Meeting

### Emergency Preparedness

What to do before and when an emergency happens.

Wednesday, August 15th

3:00 pm to 4:30 pm

**Location:** Southeastern Ohio Center for Independent Living

1369 East Front Street, Logan, Ohio

To register call: Jordy Stringer at 740-380-1475



## Fit Fridays with SOCIL

**What is it?** You've probably heard countless times how exercise is "good for you". But did you know that it can help you feel good too??

Join SOCIL each Friday for a 1-hour low impact exercise class beginning in

September!

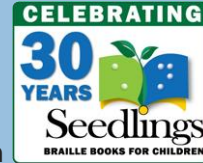
Cost: (FREE) However registration is required by Monday, September 17, 2018.

See flier for more [DETAILS!](#)

### **Seedlings - Braille Books for Children**

**2018 Book Angel Program** - The program is new and improved! Now each child with a visual-impairment (age 0-21) in the US can receive 3 free braille books per year.

[Click here](#) for more information and to register.



### **THANK YOU to those who have registered your Kroger card!**

Did you know that just by doing your regular grocery shopping at **Kroger** you could **help SOCIL earn funds** to conduct activities, such as Adaptive Sports, Kids In College Scholarships, peer support groups, and more? By registering your Kroger card in the **Kroger Community Rewards program**, each time you shop and scan your card, SOCIL will receive a percentage of your purchase amount. [Click here for easy instructions on how to register your Kroger card.](#) Ask your family and friends to assist us too! **Thank you!**



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