

Free Summer Meals, Summer Hints, Extended LPT Route Hours, Veterans Health Screenings, Assistive Technology, Blind Abilities Group, Community Activities, Movies, Support groups and more...

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

your lifeline to disability news and resources

July 2019



Parent Like a Pro: Slowing the Summer Slide

Learning doesn't have to fall by the wayside just because school is out. Use these five parent pro tips to keep your child learning and having fun over the summer months.

[**READ MORE**](#)



Free Summer Meals for Young People

All children, ages 1 through 18, are eligible to receive free meals during the summer months at participating program sites throughout Ohio. Individuals ages 19 through 21 who have been identified as having mental or physical disabilities and are following Individualized Education Programs (IEPs) through their current enrollment in educational programs also are eligible for free summer meals.

Participation is simple and no sign up is required. To learn about meal times and site locations, call 866-3-HUNGRY (1-866-348-6479) or visit www.education.ohio.gov/KidsEat.



Six Ways That Swimming Benefits People with Disabilities

Swimming is a terrific way to cool off during the summer months and an effective way to stay fit throughout the year. It's also a safety skill that everyone needs to learn. In recent years, more and more swim education programs have begun to offer swim lessons for people with special needs. Swimming benefits children and adults with all types of special needs. [Check out this article](#) for just some of the reasons why recreational swimming and swimming lessons are a worthwhile investment.

The Ohio Department of Medicaid (ODM) is providing the opportunity for individuals to comment on the [HCBS Statewide Transition Plan](#) being submitted to CMS for review for final approval.

*The **public notice and summary document** can be found at [Public Comment: HCBS Statewide Transition Plan](#).*

*If you would like a paper copy of the posting and associated documents contact the **Ohio Department of Medicaid at 1.800.364.3153**.*

*The comment period ends – **July 15, 2019**.*



Lancaster Fairfield Public Transit Extends Deviated-Fixed Route hours!

LFPT is excited to announce they will be extending their hours for the deviated-fixed route (loop) service **beginning Monday, July 22, 2019.**

LFPT received a grant through the Ohio Department of Transportation to pilot the extended hours for a period of six months. The four Lancaster loops (Memorial Express, East Loop, West Loop, and Sheridan Loop) will now **extend until 10:00 pm Monday through Friday** throughout the duration of the pilot program.

To utilize this pilot loop, just be at the posted bus-stop (signs at most locations) at least 5 minutes prior to the scheduled stop time. Once you are on the route, let your driver know at which stop you will de-boarding the vehicle. Deviated pick-ups are available within a 3/4-mile radius of the listed stops by calling at least 24 hours in advance to request (limit one deviation per hour).

There will be a public hearing in January 2020 to discuss making this pilot a permanent service.

[Click HERE](#) to see the current bus schedules or call the LFPT office (740-681-5086) or email cwoody@ci.lancaster.oh.us.

Man on the Spectrum Creates World's First Comic Book Hero with Autism

The first comic superhero with autism has arrived! Created by Dave Kot, **Face Value** is a comic book centered around a hero named Michael with a special superpower - autism.

The comic has been a huge hit since it hit the shelves, and fans are finding a superhero with whom they can relate. Kot, who is on the spectrum himself, created the comic to raise awareness for autism and, in turn, promote



acceptance.

But that's not all - the comic also helps people on the spectrum by showing the facial expressions associated with various emotions. This can help them learn how people might react when they are feeling certain emotions, which can build empathy.

[Watch the video](#) to learn more about this comic **or contact Scott Campbell at SOCIL to come in and see the comic**

book! scottcsocil@gmail.com or 740.689.1494 ext. 15

VA Days with Hocking Co. Veterans Service Office



Stop by to visit us on the dates below
from 10a-2p for VA benefits information,
enrollment opportunities, health screenings,
and various medical equipment servicing.

- ★ June 25
- ★ July 9
- ★ August 27
- ★ September 24
- ★ October 22
- ★ November 26

Tractor Supply Company
28 Hocking Mall
Logan, OH 43138



The
Chillicothe VA
Medical Center
...we put Veterans first!





Fairfield Medical Center Autism Summer Camp July 22nd through August 2nd

The goal of the camp is to offer a structured environment to assist participants in their transition back to the school setting for the upcoming academic school year. This is a FREE camp. See attached [FLYER](#) for registration information.



Making Assistive Technology Personal

Assistive Technology should be personalized for the people who use it. This technology should be intuitive, efficient, satisfying and the three things could look different to different people. The technology should be of a design and feel that meets a specific person's needs.

Assistive technology devices can be life-changing - but they can also be very expensive. In tough budget times, you don't want to go out and buy an expensive device and then find out that isn't the right device for you or your child. Fortunately, **Assistive Technology of Ohio (AT Ohio)** has a Device Lending Library that you can borrow and try devices out for 30 days to help you determine if it is the right device for you. Visit their website for a list of available devices at <https://atohio.engineering.osu.edu/device-lending-library>

App Corner:



EpicWin is an app that puts the adventure back into your life. It's a streamlined to-do list, to quickly note down all your everyday tasks, but with a role-playing spin. So rather than just ticking off your chores and reminders, completing each one earns you XP to improve and develop your character in an ongoing quest to improve stats, gain riches, and level-up.

Device: iPhone and Android. Cost: \$1.99

Contact **SOCIL** if you have any questions regarding assistive technology devices.

Scott Campbell in Fairfield County scottcsocil@gmail.com or 740.689.1494 ext.15

Michael Welsh in Hocking County mwsocil@gmail.com or 740-380-1475 ext. 286



Blind Abilities Group

The purpose of the **Blind Abilities** group is to create an environment for members of the Fairfield County community who are blind and visually impaired to come together to discuss issues facing the blind. Issues like access to information, access to transportation, access to work opportunities and more. We also seek to create an environment where people who are blind can engage in the community through community service experiences.

**Meets 2nd Saturday of every month
10:30 am - 12:30 pm**

August 10, 2019

September 14, 2019

October 12, 2019

November 9, 2019

December 14, 2019



Location:

Southeastern Ohio Center for Independent Living
418 South Broad Street, Lancaster, Ohio

Transportation is available upon request, for individuals who live within the Lancaster Public Transit service area. Any request for transit service or any other accommodation should be made one-week prior to the meeting by calling Jordy Stringer, 740.689.1494 ext. 11 or email jssocil@gmail.com

**THE FAIR HOUSING ACT AND
THE RIGHTS OF PEOPLE WITH DISABILITIES**

Presentation by Disability Rights Ohio

Wednesday, August 13, 2019
1pm - 2pm

**Location: Southeastern Ohio Center for Independent Living (SOCIL)
418 South Broad Street, Lancaster**

Open to Public

Topics covered will include protections under the Fair Housing Act for people with disabilities and unlawful discrimination (including a failure to accommodate one's disabilities, like allowing a service animal or emotional support animal, or an accessible parking space, or physical modifications to one's apartment) and how to handle such issues with one's landlord or housing provider. [Flyer attached.](#)

Transportation is available upon request, for individuals who live within the Lancaster Public Transit service area. Any request for transit service or any other accommodation should be made one-week prior to the meeting by calling
Jordy Stringer, 740.689.1494 ext. 11 or email jssocil@gmail.com

Community Activities, Classes & Support Groups

Adaptive Pickleball - Wednesday's through August 21st from 5pm-6pm at Hocking Valley Industries, Logan. [SEE FLYER](#) for contact information.

Summer Sensory Friendly Movies - Cinemark River Valley Mall - all shows will be at 9:30 am

July 27th - ["Lion King"](#)

Alzheimer's Caregiver Support Group -2nd Wednesday of each month 1:30 - 3:00 pm Location: Lancaster SOCIL office. Free respite available. See [flyer](#) for more details.

Parkinson's Support Group - 3rd Wednesday of each month 1:00 - 2:30 pm Location: Lancaster SOCIL office. Free respite available. See [flyer](#) for more details.

What's Next? - Understanding Alzheimer's & Dementia - Caregiver Educational Group - 3rd Monday of each month from 1:00 - 3:00 pm Location: Lancaster SOCIL office. See [flyer](#) for more details.

Self Advocacy Groups

"**Dynamite Abilities**" 3rd Wednesday of the month at Hope Center, 10:00am contact Scott Campbell of SOCIL, at 740-689-1494 or scottcsocil@gmail.com

"**Abilities United**" 3rd Wednesday of the month at Logan SOCIL office 3:00-4:15pm. Contact Michael Welsh of SOCIL, at 740-380-1475 or mwsocil@gmail.com [See July's Flyer](#)

"**Speak for Yourself**" 1st Friday of the month at Fox Family Y in Lancaster from 6:00 - 7:00pm before the dance. Contact Rejeanna Smith at rejeannasmith889@gmail.com for more information.

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!



which may include an event, program or signing up to the SOCIL mailing list.

Our mailing address is:

Southeastern Ohio Center for Independent Living
418 South Broad Street
Lancaster, Ohio 43130

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