



Southeastern Ohio Center for Independent Living

Communication Pulse...

your lifeline to disability news and resources

Issue 4, June 2017

****Seats Still Available****

Understanding the Millennial Brain: "Strategies for Success for Youth with or without Disabilities"

Millennials, 15 years or older, are coming of age in a world vastly different from that of their parents and grandparents. *"The young brain is DIFFERENT. When we understand them, we can more effectively teach them,"* says Julie Adams, educational consultant.



Join us **June 21st & June 22nd, from 9 am - 3:30 pm at Fairfield County Educational Center**, in Lancaster. Professional CEU's available.

[FOR MORE INFORMATION AND HOW TO REGISTER](#)



Recreational Opportunities - Summer Camps

Last year many families completed a Recreation Survey and from that the #1 request was more camps.

Please look over the [Lancaster Parks & Recreations 2017 C.A.M.P.s brochure](#) to see what fun and exciting camp your child might be interested in attending. Note that **RED CAMP** weeks are specifically adapted to accommodate campers that may have specific needs.

Camp spaces are limited so register early.

By enrolling your children in these camps, the parks will see the interest and may expand opportunities.

[Find out more](#)



Loan Closet - Handcycles and Strider Bikes

SOCIL's loan closet has items that can be borrowed to enjoy the nice weather and area bike trails



this summer and fall. The Fairfield Heritage Bike Trail has **accessible areas** that will provide you with relatively accessible parking, access to the trail and about one to two miles of accessible grade:

- Area between Ohio University Lancaster and Thomas Ewing Junior High School. Be sure to check out the Sensory Trail and Accessible Tree-house behind Forest Rose School
- Lewis Avenue and Talmadge Avenue area - level grade before Olivedale Senior Center underpass and before your descend to Cenci Park Lake
- Hocking Park (near Pierce Avenue and Beacon Avenue) will take you to picturesque wetlands and ponds behind River Valley Mall

If you or a family member has a disability, contact **SOCIL at 740-689-1494** to borrow a handcycle (youth and adult) or Strider bikes (children and youth)

Extreme Heat Message and Precaution

Be informed, Make a Plan, Build a Kit, Get Involved

Summer is almost here. While we prepare to enjoy the warm weather, it's important to take precautions in case extreme heat strikes. By evaluating your needs, you can plan for any heat related situation.



[CLICK HERE](#) for more details.

Five Tips for Accessible Gardening

Though it happens every year, the arrival of spring is always a source of joy. For many of us, spring is the time for tending lawns, planting flowers, beautifying decks, patios and window sills. The benefits of being out in nature are well known but bear repeating. Spending time outdoors in natural spaces reduces stress...makes you happier...relieves attention fatigue, increases creativity...may help you to be kinder and more generous and make you feel more alive! Like everyone else, people with disabilities reap tremendous benefits from experiencing nature. Yet, they may face greater challenges when it comes to creating and maintaining their outdoor spaces. These challenges can be overcome with adaptive gardening tools and thoughtful landscape design. Here are some tips for making gardening accessible for all. [READ MORE](#)



New Transit Loop & Kids Ride Free (for the summer)



As of June 5, LFPT will be adding a 4th route (loop) and changing some of the stop locations and names on existing loops. Some of the changes will include stops on

Independence Drive, Granville Pike, South Broad Street, Hunter Avenue to name a few!

New route names will be: **#1 - Memorial**

#2 - Main

#3 - West

#4 - Sheridan

For more information read the [Press Release](#) or see [Route Schedules](#).

Note: School-age children ride free on all LOOPS from June 1st - August 15th.



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