

Summer Camps, Autism Spectrum Disorder, ODOT Public Meetings, Parkinson's Exercise classes, Pickleball, Adaptive Sports, 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**

***June 2019***



### **A Message for Graduates**

Entering the college scene or the work-force for the first time can be a challenging this to do. It is also a special time where you get to learn in a real way the lessons the world has to teach. I wanted to share a few quotes meant to encourage and empower you as you make your way in the world for the first time.

*"Your life is your story, and the adventure ahead of you is the journey to fulfill your own purpose and potential."* – Kerry Washington

*"When you take risks, you learn that there will be times when you succeed and there will be times when you fail, and both are equally important."* – Ellen DeGeneres

#### **News from Ohio State University**

The office of **Student Life Disability Services (SLDS)** now has an **in-house**

**Braille transcriber** for students requesting textbook and other materials in Braille, providing a faster and more cost-effective way to serve the needs of students and university departments. SLDS's Lisa Vogt recently became a certified Braille transcriber through the National Library Service literary Braille transcription program. If you would like any of your materials produced in Braille format, please email SLDS at [slds-braille@osu.edu](mailto:slds-braille@osu.edu)

There is also a **new scholarship** for Braille users at Ohio State:

**Buckeye Braille Scholarship and Support Fund** | Fund Number: 316584

This fund's goal is to promote the use of Braille on the Ohio State University campus. The fund provides scholarships to students with disabilities.

Expenditures may be used for tuition, housing, textbooks or other educational expenses, or to purchase assistive technology devices. For more information on scholarships, please contact Courtney McCrary: [mccrary.36@osu.edu](mailto:mccrary.36@osu.edu).

**Ohio Department of Developmental Disabilities (DODD)  
ASD Project  
Supporting Transition Youth and Adults with Autism Spectrum  
Disorder (ASD)**

**Building Awareness, Using Tools and Accessing Resources**

A wealth of information on Autism Spectrum Disorder, including topics like communication, sensory, and emotional regulation can be found at <https://www.livebinders.com/b/2312516>

Here are a few handouts from the above link, but be sure to visit the [link](#) and check out all the information provided.

- [Tips to Enhance Interactions with Individuals with ASD](#)
- [Resources for Transition Youth & Adults with ASD](#)
- [ASD: Misconceptions and Corrections](#)

The **Boardmaker** website shared in the 4th session is a computer software program that allows you to create a variety of print materials including communication boards, schedules, calendars, worksheets, etc.all with various types of symbol supports. **SOCIL has the Boardmaker software** for teachers, therapists, parents of students, anyone who works with individuals that need

assistance with communication or scheduling is welcome to use at SOCIL office. For more information contact, Scott Campbell at [scottcsocil@gmail.com](mailto:scottcsocil@gmail.com) or 740-689-1494 ext. 15.



## Tips for Travel with Children with Autism and Sensory Processing Needs

While Summer can provide families with an opportunity for fun and a much needed break from the daily grind of school and work, the season can also include unique challenges.

For a child with Autism and/or sensory processing the inconsistent schedules, and visits to new places can be especially difficult.

With proper planning and organizing, you can help your child adjust so that everyone in the family can travel together.

[CLICK HERE](#) for some tips to help make travel **less stressful and more enjoyable**.



Office of Transit

May 29, 2019

### ODOT Disadvantaged Business Enterprise (DBE) Goal Public Meetings

The Ohio Department of Transportation (ODOT) is in the process of developing its Federal Fiscal 2020 through 2022 Triennial DBE Goals, which are required by the Code of Federal Regulation 49 CFR 26. Through this process, ODOT is establishing two separate DBE goal methodologies – one for projects funded by Federal Highway and one for Federal Transit.

For more information [click here](#)

Your comments and feedback are important. Please register for one of the following **Public Meeting** location and times. (Registration is not required)

- **June 24th Columbus ~ 10:00am-12:00pm** [Click here to register.](#)
- **June 25<sup>th</sup> Cleveland ~ 12:00pm – 2:00pm** [Click here to register.](#)
- **June 26<sup>th</sup> Toledo ~ 10:00am – 12:00pm** [Click here to register.](#)
- **June 27<sup>th</sup> Cincinnati ~ 10:00am – 12:00pm** [Click here to register.](#)
- **June 27<sup>th</sup> Dayton ~ 2:00pm – 4:00pm** [Click here to register.](#)

If you have any questions, contact Terry Bolden at 614-644-8436 or [terry.bolden@dot.ohio.gov](mailto:terry.bolden@dot.ohio.gov).  
Lorraine Stevens at 614-466-3437 or [lorraine.stevens@dot.ohio.gov](mailto:lorraine.stevens@dot.ohio.gov).

**For More Information**

[Our Website](#)

***Parkinson's exercise classes available at the following locations:***

**Robert K Fox Family YMCA - Delay the Disease**

465 West Sixth Avenue, Lancaster

Tuesday and Thursday - 1:00 - 2:30 pm

Contact: Anita Morehart at [amorehart@ymcalancaster.org](mailto:amorehart@ymcalancaster.org) or 740.654.0616 x 247

**The Salvation Army- Samaritan Center - Delay the Disease**

228 West Hubert Avenue, Lancaster

Monday's at 12:30 pm and Thursday's at 10:30 am

Contact: BreAnne Shick, RN at 740.687.1921 x 1012

**Scenic Hills Senior Center - Delay the Disease**

187 South Spring Street, Logan

Tuesday and Thursday - 2:30 - 3:30 pm

Contact: Marjorie Moore at [mmoore@co.hocking.oh.us](mailto:mmoore@co.hocking.oh.us) or 740.385.6581

**Fairfield Medical Center - Parkinson's Exercise Group**

Wellness Center - 1145 E. Main Street

Tuesday and Thursday 1:00 - 2:00 pm

Contact Carolyn Gilliam at [CarolynG@fmchealth.org](mailto:CarolynG@fmchealth.org) for more information/evaluation.

## Pickleball ?? What is Pickleball you say??

It is a paddle sport that combines elements of badminton, tennis, and table tennis. Two or four players use solid paddles made of wood or composite materials to hit a perforated ball, similar to a wiffle ball, over a net. The lower net and wiffle ball allow the game to be accessible to people of all ages and abilities. The goal of pickleball is for everyone to be able to play and have fun!



**There are a couple upcoming opportunities to participate in Pickleball**

### Adaptive Pickleball

Wednesday's from June 5th - August 21st

5pm - 6pm at Hocking Valley Industries, Logan

[SEE FLYER](#) for contact information

## 2019 Youth Pickleball Camp - Lancaster Parks and Recreation

Session 1: June 17-21; Session 2: June 24-28

9:30-11:00 am each day held at Maher Park, Lancaster

[SEE REGISTRATION FORM](#) for more details. **Registration Deadline - June 14th**

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## 9th Annual No Limits Athletics Basketball Camp

**Tuesday, June 25th, Wednesday, June 26th, & Thursday, June 27th**

Location: Ohio University-Lancaster Gymnasium



An inclusive, introductory skills camp for young athletes with and without disabilities.

[Click Here for Details/Registration Form](#)

**Registration Deadline: June 14, 2019**

**SOCIL has limited scholarships available** - call Lisa at 740-689-1494 ext. 10 for scholarship form.

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## Summer Camps!

### All Abilities Camp 2019

**Alley Park - 2805 Old Logan Road, SE, Lancaster**

**Monday, June 10 - Friday, June 14**

**"May the FOREST Be With You"**



A day camp for children 6-14 years old. It is structured for "all", but has specific accommodations for those with special needs as it is a slower pace camp with less kids overall. **"Star Wars"** type classes include: Science based with **"Yo...Dah"** (making light sabers, bouncy balls, etc.) learning about different animals like squirrels (our little **ewoks**), beavers, buzzards, woodpeckers and more. You will enjoy game time, hikes in the woods learning about trees, shooting down the **death star** (using sling shots), just loads of fun! There will also be archery and canoeing!

Camp sizes are limited. **Register early.**

For more information, email [alleyparkoe@yahoo.com](mailto:alleyparkoe@yahoo.com) or call 740-681-5025

[CLICK HERE](#) for registration form.

### All Abilities Day Camp

**Geneva Hills, 1380 Blue Valley Road, SE, Lancaster**

**June 10-14, June 17-21, July 8-12, July 15-19**



Day camp for children 7-13 old (children outside of this age range are welcome, please inquire). Exciting activities planned - hiking, canoeing, crafts, STEM science, swimming/water activities, game and much

more! Scholarship options are available on an as needed basis. [SEE FLYER](#) for more information. (Aides are to be provided by parent if needed).

## **Two Great**

### **Camps**

#### **DECORATIVE ARTS CENTER OF OHIO**

**Decorative Arts Center of Ohio, 145 East Main Street, Lancaster**

#### **Art & Drama Camp: June 17-21**

The Legend of Slappy Hooper: An American Tale

#### **Art Camp: June 24-27**

Make Your Mark: All About Printing

[SEE FLYER](#) for more information.

## ***Nationwide Children's Hospital offers classes for parents and siblings of children with Autism Spectrum Disorder (ASD)***

### **Autism Academy 2019**

The Autism Academy provides educational sessions for parents of children with Autism Spectrum Disorders (ASD). These sessions are open to anyone in the community interested in knowing more about autism. The program is not designed to replace ongoing treatment nor can it be geared to the specifics of individual children.

For more information [SEE FLYER](#) of courses.

### **Sibshops - For siblings of children with autism**

Brothers and sisters of children with autism have feelings that may be hard to express, even to a friend; sadness that a sister has trouble learning, anger when a brother's behavior prevents the family from doing things other families do, or the special pride when their sibling learns a basic but important life skill.

At Sibshops, siblings will share these feelings with others who truly understand.

Sibshops celebrates the many contributions made by brothers and sisters and engages children through fun and games to explore feelings and share information. For more information [SEE FLYER](#).

## **Community Activities, Classes & Support Groups**

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

June 15th - ["Secret Life of Pets 2"](#)

June 29th - ["Toy Story 4"](#)

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 [scsocio@sbcglobal.net](mailto:scsocio@sbcglobal.net)

**"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 [mwsocio@gmail.com](mailto:mwsocio@gmail.com)

**"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](mailto: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!**



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