



July - October 2015

This and past newsletter issues also available online at www.socil.org

Adaptive Sports Program

This program will provide youth with paralysis and mobility impairments access to sports and recreational activities. By participating in these programs individuals with disabilities will improve physical and emotional health as well as increase confidence, independence and social connections.

If you or someone you know is interested in participating, please contact Lisa at **SOCIL at 740-689-1494** or imsocil@sbcglobal.net to get your name on the list to receive future updates on adaptive sports opportunities in Lancaster and Fairfield County.

FAIRFIELD COUNTY:

418 South Broad Street
Lancaster, Ohio 43130

Phone: 740.689.1494
Toll Free: 1.888.957.6245

Hours: Monday - Friday
8:30 am - 5:00 pm

HOCKING COUNTY:

1369 East Front Street
Logan, Ohio 43138

Phone: 740.380.1475

Hours: Monday - Friday
8:00 am - 4:00 pm



www.socil.org [Facebook](#)

SOCIL Mission Statement

Our mission is to offer opportunities to consumers with disabilities that will maximize their choice to live in accessible communities.

We are dedicated to eliminating all barriers to access in the community, including housing, employment, transportation and recreation.

Would you like to participate in a marathon or benefit walk or take the whole family on the bike path?

SOCIL has handcycles and Strider balance bikes that can be borrowed to explore new activities or get back to a favorite hobby.

Handcycles are powered by the arms rather than the legs. Upper body strength moves the hand pedals. Enjoy outdoor activities and improve strength and endurance...a great cardiovascular workout!
Teen & Adult (max weight 350#)



Strider - Balance Bikes a no-pedal balance bike, is the perfect tool for teaching balance and riding skills to toddlers, children and adult of all abilities. Individuals concentrate on the fundamental skills of balancing, leaning and steering without pedaling while participating in activities with peers.



Ages 6 -12

Call us at 740-689-1494 to check them out for 2-4 weeks.

Enjoy the outdoors this Summer and Fall!



Ages 18 months to 5 years



Teen & Adults

APP CORNER

Welcome to App Corner!

This section will feature highly recommended apps for under three dollars. This edition features two educational apps. Look for these in your devices app store.



Speak It! Helps kids who have trouble saying what they want to express. They can save pre-typed messages and use them in social situations to express themselves more effectively.

Price: \$1.99 Device: ipad, iphone, ipod touch



Dyslexia Quest is a game based app that tests memory and learning skills. The games are designed to assess working memory, phonological awareness, processing speed, visual memory, auditory memory and sequencing skills.

Price: \$1.99 Device: ipad, iphone

FACEBOOK

Visit **SOCIL's Facebook page...**

www.facebook.com/socilohio - let us know you were there!

EXPANDED TRANSIT ROUTES

The **East End Loop** and **Memorial Express Route** has been so successful that Lancaster-Fairfield Public Transit has **added another hour** onto the loops. Hence the East Loop will start pick ups at 7am and the Memorial Route at 8am.

Note: Please be at the bus stop at least 5 minutes prior to the scheduled stop...the bus is not required to stop if there isn't anyone waiting at the stop.

In addition a **West Side Loop** may be added in September. Stay tuned for details!

For detailed route descriptions and schedules, visit www.ci.lancaster.oh.us/242/transit or call 740-681-5086.

RECREATION AND TRAVEL



When planning your next vacation, consider **Virginia Beach**. Hotels sit right along the 36 block accessible boardwalk making it easy to enjoy the ocean view and have access to the beach, restaurants, bike rentals, etc. Getting down to the ocean is made easier by accessible paths as

well as beach chairs that can be rented. There is an **AMAZING** accessible playground located right along the boardwalk. All of the items are accessible by ramps. A person in a wheelchair can actually get into the wave machine that will allow them to experience the roll of the waves and roll under the sand to allow them to dig in the sand. Visit www.grommetisland.org for more details.

What's an Ohio summer without at least one trip to an amusement park or zoo?

Go to www.DisabilityRightsOhio.org and search "Community Integration", look for Amusement Parks, Zoos and Recreation Places, click for a helpful fact sheet of the rights of people with disabilities, and accessibility options to consider while enjoying the traditions of summer.

RESOURCES

"Finding and Paying for Assistive Technology" - this is a good place to start to find assistive technology or adaptive devices, plus resources to pay for them. <https://www.disability.gov/can-get-help-finding-paying-assistive-technology/>

Ohio Relay helps address the communication challenges facing people with speech and/or hearing disabilities when they dial 711. These services make a difference for people with disabilities to be able to communicate with friends and family and allows them to live independently. www.ohiorelay.com

Central Ohio Area Agency on Aging (COAAA) provides some great resources (i.e. Housing Guide, Caregiver Toolbox, Nursing Resources, etc.) go to www.coaaa.org click on Resources then the appropriate guide.

EVENTS & ACTIVITIES

Sensory Friendly Movies

Cinemark theaters at the River Valley Mall in Lancaster continues to offer sensory-friendly showings of child friendly movies. These showings provide a comfortable environment where the sound is lower and the lights are turned up. Children with special needs have the freedom to do what they need to do to self-regulate without disturbing others. To find out what the next movie will be go to our website at www.socil.org or www.cinemark.com and enter the zip code for Lancaster.



SOCIL's Educational Series - programs with the latest information and resources available to assist individuals and families with disabilities.

ADHD - Understanding its impact

Tuesday, September 29 - 6:00-8:00pm

Presenter: Valorie Dombroskas (OCECD)
Location: Agriculture Center Building
831 College Avenue, Conference Room B

Topics of discussion include:

How ADHD affects children in school and life
Various techniques and accommodations to support children at home and school
Who is qualified to diagnose ADHD
ADHD Statistics
History of ADHD



Free and open to the public.

Registration is requested to attend.

RSVP to Lisa at SOCIL:

imsocil@sbcglobal.net or 740-689-1494.

Sewing Circle



Classes: Every Tuesday
Time: 2:00 pm - 5:00 pm
Instructors: Kayla Council and Peggy McDevitt

Location: Art and Clay on Main
150 West Main Street, Lancaster

Cost: Free - bring your own fabric and needles

In the words of instructor, Kayla: *"This will be hand sewing, if you can thread a needle you can make a pillow, quilt or cloth journal. Either myself or Peggy will be teaching you...we're fun too!! Come and join my sewing class. It's free, just bring your own fabric and needles."*

Summer Programs Planned

Fairfield County District Library have lots of fun and exciting programs planned for kids of all ages including Acting classes, Beginner & Intermediate Robotics, Superhero Training Camp, and Monopoly Tournament just to name a few. Registration is required for these programs, **contact the Main Library for more details and to register at 740-653-2745 ext. 140.**



Basketball Camp Dates and Times:

August 3-5th, 2015 Ages 6-21 @ (OU-L)

Session 1- Ages 6-12 [5:00-6:30pm]

Session 2- Ages 13-21 & athletes in wheelchairs [6:45-8:15PM]

Both sessions will be combined on the last day of camp, Wednesday, August 5th [5:00-7:00PM]

Registration forms available online at:

www.nolimitsathletics.org

Emphasizing **FUN** and teamwork, the **No Limits Athletics** program will provide your son or daughter, regardless of skill level or disability, with a positive experience in learning the **FUNdamentals** of basketball.

Note: Adaptive sports chairs will be available for athletes that may possess mobility or stamina limitations. If your child has CP, Autism, etc. this accommodation allows them to "run" the court with their peers!

Registration Deadline - Monday, July 27th



Butterflies and Autism

at the **Franklin Park Conservatory**
Saturday, July 25, 8:30am -10:00am
Cost \$5.00 up to \$15.00 per family

This event is an opportunity for children and adults with autism to experience the exhibit prior to the park opening to the public. There will be a craft project, butterfly presentation and tour. **If you wear colorful clothing a butterfly may land on you!**

To request financial assistance call 614-284-6323.
Registration is required by July 22nd to attend.
Visit www.autismcentralohio.org to register.



ADDRESS SERVICE REQUESTED

418 South Broad Street
Lancaster, Ohio 43130

SOCIL is funded by a grant from the Department of Education, however the contents of this newsletter does not necessarily represent the policy of the Department of Education and you should not assume endorsement by the Federal Government.

COSI Academy (for Teens)

COSI Academy (www.cosi.org)

is a career exploration program for high school students considering science, technology, engineering, math, and health careers. Academy students meet at COSI on the first Saturday of each month from October through May with additional opportunities throughout the school year.

Each meeting includes a field trip to area labs and technology companies, or to colleges and universities offering science programs. In addition to monthly meetings and field trips during the school year, COSI Academy students take a one day college visit in early summer.

Annual COSI Academy tuition includes all monthly meetings and monthly field trips:
\$325 for COSI Members; \$400 for nonmembers.

Scholarships are available.

Contact COSI for details at
614-228-2674



ADVOCACY GROUP



...is an advocacy group for individuals of all ages and all disAbilities. Our mission is to empower individuals to focus on their Abilities. We offer peer support and instruction to members on how to be independent, to self advocate and be active members of their community.

Come Join Us....

Thursday, July 23, 2015

Family Picnic - Consumer Forum

Thursday, August 27, 2015

Where Does Your Money Go?

Thursday, September 24, 2015

Advisors Challenge - Vote for the Best!

Thursday, October 22, 2015

Relationships - The Pros and Cons
Annual Food Drive Begins

****New meeting location: 140 East Main Street, Logan****
3:00 pm - 4:30 pm

Contact Mary Clark at 740-380-1475 with questions or to register to attend.